



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Els Wermenbol (64y)** 

has successfully competed in

**IISA III World Champ Murmansk 2019 / I Arctic Cup 2019**

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**200m Freestyle in 04:08.24 minutes**


Overall 16th / Age Group (65-69y) 2nd

Category Women

Open Water Course

Water 0.00°C, Wind Chill -6.30°C



  
**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION