



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (44y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

50m Breaststroke in 00:38.51 minutes


Overall 4th / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 0.00°C, Wind Chill -6.30°C




Ram Barkai
IISA Chair

Russian Federation
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION