



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Deirdre King (37y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

50m Breaststroke in 00:48.08 minutes

Overall 8th / Age Group (35-39y) 1st

WORLD CHAMPION - AGE GROUP

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