



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Francois Lambrechts (48y) 

has successfully competed in
Aotearoa NZ Ice National Championships

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

500m Freestyle in 09:36.59 minutes

Overall 5th / Age Group (45-49y) 2nd

Category Men

Open Water Course

Water 3.50°C, Wind Chill 0.00°C, Altitude 150m, 45.25° S




Ram Barkai
IISA Chair

New Zealand
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION