



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah coughlan (49y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
12-Jan-2023

1000m Freestyle in 19:37.66 minutes

Overall 39th / Age Group (50-54y) 8th

Category Women

Certified Pool Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



Ram Barkai
IISA Chair

France
Chair & Board

