



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christoph Karow (37y)** 

has successfully competed in  
**IISA 4th World Championship**

Glogow, Poland

03-Feb-2022

**100m Individual Medley in 01:07.44 minutes**

Overall 5th / Age Group (35-39y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

**Category Men**

Certified Pool Course

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

