



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christoph Karow** (38y) 

has successfully competed in  
5th World Championship - Samoens 2023

Samoens  
15-Jan-2023

100m Individual Medley in 01:06.05 minutes

Overall 4th / Age Group (35-39y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Men

Certified Pool Course

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



Ram Barkai  
IISA Chair

France  
Chair & Board

