



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Carrie Wilmot** (55y) 

has successfully competed in  
Championnat de France Open D2,3

Megève D 2+3

10-Dec-2022

100m Individual Medley in 01:36.75 minutes

Overall 3rd / Age Group (55-59y) 1st


**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 4.70°C, Wind Chill -2.00°C, Altitude 1113m, 45.86° N



  
**Ram Barkai**  
IISA Chair

*France*  
Chair & Board

