



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Francois Lambrechts** (49y) 

has successfully competed in

**IISA Aotearoa NZ National Open Water Championships**

Blue Lake, St Bathans

07-Jul-2023

**500m Freestyle in 10:20.01 minutes**

Overall 5th / Age Group (45-49y) 1st

Category Men [Disabled]

Open Water Course

Water 3.72°C, Wind Chill 2.30°C, Altitude 576m, 44.87° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION