



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Karim Rostami (43y)** 

has successfully competed in  
**IISA NZ & Southern Hemisphere Pool Championships**

Alexandra Aquatic Center

11-Jul-2024

**500m Freestyle in 10:16.81 minutes**

Overall 12th / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 2.26°C, Wind Chill -3.00°C, Altitude 150m, 45.24° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*

