



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henri Kaarma** (44y) 

has successfully competed in  
IISA III World Champ Murmansk 2019 / I Arctic Cup 2019  
murmansk, seymonovskoe lake, Russia  
14-Mar-2019

50m Freestyle in 00:28.51 minutes

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

**WORLD RECORD - AGE GROUP**


**WORLD CHAMPION - AGE GROUP**

Category Men

Open Water Course

Water 0.00°C, Wind Chill -6.30°C, 68.97° N



  
**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*

