



CERTIFICATE OF ACHIEVEMENT

This is to certify that

VALENTINA PENZAN (64y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

100m Breaststroke in 03:08.80 minutes

Overall 15th / Age Group (60-64y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Women

Certified Pool Course

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



Ram Barkai
IISA Chair

Russian Federation
Chair & Board

