



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack** (44y) 

has successfully competed in

**IISA III World Champ Murmansk 2019 / I Arctic Cup 2019**

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**1000m Freestyle in 16:54.45 minutes**

Overall 30th / Age Group (40-44y) 10th

Category Men

Certified Pool Course

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



**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*

