



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Charl Allen (30y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

200m Freestyle in 02:37.65 minutes

Overall 7th / Age Group (30-34y) 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

