



# 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

**200m Freestyle in 02:18.82 minutes**

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

**WORLD CHAMPION**

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*

