

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, semyonovskoe lake, Russia 14-Mar-2019

50m Freestyle in 01:11.13 minutes

Overall 30th / Age Group (60-64y) 1st

WORLD CHAMPION - AGE GROUP

Category Women

Open Water Course

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



Russian Federation

Chair & Board



Ram Barkai IISA Chair

INTERNATIONAL ICE SWIMMING ASSOCIATION