



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Christoph Karow (37y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

03-Feb-2022

100m Individual Medley in 01:07.44 minutes

Overall 5th / Age Group (35-39y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Men

Open Water Course

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION