



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christoph Karow (37y)** 

has successfully competed in  
IISA 4th World Championship

Glogow, Poland

05-Feb-2022

**250m Freestyle in 02:54.50 minutes**

Overall 4th / 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