



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Francois Lambrechts (48y)** 

has successfully competed in  
**Aotearoa NZ Ice National Championships**

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

**500m Freestyle in 09:36.59 minutes**

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**Overall 5th / Age Group (45-49y) 2nd**

**Category Men [Disabled]**

Open Water Course

Water 3.50°C, Wind Chill 0.00°C, Altitude 150m, 45.25° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION