



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack (47y)** 

has successfully competed in  
**5th World Championship - Samoens 2023**

Samoens  
12-Jan-2023

**1000m Freestyle in 16:59.30 minutes**

Overall 32nd / Age Group (45-49y) 7th  
Category Men

Open Water Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION