



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Liz Ryan (45y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
12-Jan-2023

1000m Freestyle in 17:37.33 minutes

Overall 27th / Age Group (45-49y) 1st

WORLD CHAMPION - AGE GROUP

Category Women

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