



# 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

Certified Pool Course

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



  
**Ram Barkai**  
IISA Chair

*France*  
Chair & Board

