



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Armstrong** (39y) 

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

Samoens  
12-Jan-2023

**1000m Freestyle in 15:07.26 minutes**

Overall 6th / Age Group (40-44y) 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*

