



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (47y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
15-Jan-2023

100m Individual Medley in 01:18.63 minutes

Overall 22nd / Age Group (45-49y) 5th
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