



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henri Kaarma** (48y) 

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

Samoens  
15-Jan-2023

**100m Individual Medley in 01:10.79 minutes**

Overall 9th / Age Group (45-49y) 2nd  
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