



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rachel Armstrong (39y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
14-Jan-2023

100m Backstroke in 01:32.67 minutes

Overall 20th / Age Group (40-44y) 1st

WORLD RECORD - AGE GROUP


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