



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christoph Karow (38y)** 

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

Samoens  
12-Jan-2023

**50m Backstroke in 00:31.24 minutes**

Overall 5th / Age Group (35-39y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

**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