



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rachel Armstrong (39y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
13-Jan-2023

500m Freestyle in 08:00.18 minutes

Overall 22nd / Age Group (40-44y) 2nd
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

