



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Armstrong** (39y) 

has successfully competed in

**5th World Championship - Samoens 2023**

Samoens

15-Jan-2023

**500m Freestyle in 08:00.18 minutes**

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

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*

