



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Christoph Karow (38y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens

14-Jan-2023

100m Freestyle in 01:00.18 minutes

Overall 7th / 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