



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (47y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
13-Jan-2023

100m Breaststroke in 01:28.26 minutes

Overall 16th / Age Group (45-49y) 3rd

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