



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Liz Ryan (45y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
13-Jan-2023

100m Breaststroke in 01:42.92 minutes

Overall 19th / Age Group (45-49y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION