



# 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

Certified Pool Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

