



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elizabeth Almond** (49y) 

has successfully competed in

**5th World Championship - Samoens 2023**

Samoens

13-Jan-2023

**100m Breaststroke in 01:43.06 minutes**

Overall 20th / Age Group (50-54y) 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*

