



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Francois Lambrechts (49y) 

has successfully competed in

IISA Aotearoa NZ National Open Water Championships

Blue Lake, St Bathans

07-Jul-2023

250m Freestyle in 05:01.13 minutes

Overall 3rd / Age Group (45-49y) 1st

Category Men [Disabled]

Open Water Course

Water 3.72°C, Wind Chill 2.30°C, Altitude 576m, 44.87° S




Ram Barkai
IISA Chair

New Zealand
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION