



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Henri Kaarma (49y) 

has successfully competed in
IISA 1st European Championship

Oradea, Romania

04-Feb-2024

250m Freestyle in 03:03.58 minutes

Overall 10th / Age Group (50-54y) 1st


WORLD RECORD - AGE GROUP

Category Men

Certified Pool Course

Water 4.07°C, Wind Chill 0.60°C, Altitude 0m, 47.40° N




Ram Barkai
IISA Chair

Romania
Chair & Board

