



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henri Kaarma** (49y) 

has successfully competed in  
**IISA 1st European Championship**

Oradea, Romania

03-Feb-2024

**100m Freestyle in 01:03.17 minutes**

Overall 18th / Age Group (50-54y) 1st


**WORLD RECORD - AGE GROUP**

Category Men

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Romania*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION