



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ellen Milo (57y) 

has completed a swim observed by IISA:

Date: **07-Dec-2023**

Venue: **Århus**

Distance: **400 metres**

Swim Time: **00:11:28.00**

Water Temp: **5.00°C**

Wind Chill: **0.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Trine Oernstrup Dahl**
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION