



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Liz Ryan (44y)** 

has successfully competed in  
**IISA 4th World Championship**

Glogow, Poland

04-Feb-2022

**1000m Freestyle in 17:12.23 minutes**

Overall 9th / Age Group (40-44y) 4th

Category Women

Certified Pool Course

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

