



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Heike Sator** (46y) 

has successfully competed in  
**ICE SWIMMING FVG - IISA ITALIAN CHAMPIONSHIP**

Cavazzo Lake

17-Jan-2026

1000m Freestyle in 29:46.57 minutes

Overall 6th / Age Group (45-49y) 4th

Category Women

Pool Course

Water 4.76°C, Wind Chill 4.60°C, Altitude 191m, 46.19° N



**Ram Barkai**  
IISA Chair

*Italy*  
*Chair & Board*

