



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah coughlan (48y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

05-Feb-2022

50m Breaststroke in 00:51.08 minutes

Overall 22nd / Age Group (45-49y) 3rd

Category Women

Open Water Course

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



Ram Barkai
IISA Chair

Poland
Chair & Board

