



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sarah coughlan** (48y) 

has successfully competed in  
IISA 4th World Championship

Glogow, Poland

03-Feb-2022

500m Freestyle in 09:06.93 minutes

Overall 20th / Age Group (45-49y) 5th

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*



INTERNATIONAL ICE SWIMMING ASSOCIATION