



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Liz Ryan (44y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

04-Feb-2022

100m Breaststroke in 01:44.98 minutes

Overall 14th / Age Group (40-44y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

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