



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Johanna Kara (56y)** 

has successfully competed in  
**Kyrö Ice Swimming Challenge 4**

Ollilantie 12, 21800 Pöytyä  
12-Nov-2022

**200m Breaststroke in 03:46.82 minutes**

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**Overall 1st / Age Group (55-59y) 1st**

**Category Women**

**Pool Course**

Water 4.90°C, Wind Chill 12.00°C, Altitude 42m, 60.70° N



  
**Ram Barkai**  
IISA Chair

*Finland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION