



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henna Tolvanen** (41y) 

has successfully competed in  
**Kyrö Ice Swimming Challenge 5**

Ollilantie 12, 21800 Pöytyä

09-Apr-2023

**100m Breaststroke in 02:19.88 minutes**

Overall 2nd / Age Group (40-44y) 2nd

Category Women

Pool Course

Water 0.40°C, Wind Chill 12.50°C, Altitude 42m



  
**Ram Barkai**  
IISA Chair

*Finland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION