



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Helle Nygaard (37y) 🇩🇰

has completed a swim observed by IISA:

Date: 15-Dec-2021

Venue: Vestre Fjordpark Aalborg

Distance: 1000 metres

Swim Time: 00:33:17.01

Water Temp: 4.23°C

Wind Chill: 5.00°C

Stroke: Breast

Observer: Birte Soerensen
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION