



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Mona Bunning Christiansen (43y)** 🇩🇰

has completed a swim observed by IISA:

Date: 15-Nov-2025

Venue: Vestre fjordpark, Ålborg, Denmark

Distance: 500 metres

Swim Time: 00:10:27.64

Water Temp: 7.50°C

Wind Chill: -3.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Rikke Danielsen  
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**