



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mette Primdahl (47y) 🇩🇰

has completed a swim observed by IISA:

Date: 15-Nov-2025

Venue: Vestre Fjordpark, Aalborg

Distance: 250 metres

Swim Time: 00:07:05.77

Water Temp: 7.50°C

Wind Chill: -3.00°C

Altitude: Sea Level metres

Stroke: Breast

Observer: Nikolaj Kuhn
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION