



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Cynthia Koolman (21y) 

has completed a swim observed by IISA:

Date: 30-Nov-2025

Venue: Jeugd land Amsterdam

Distance: 1000 metres

Swim Time: 00:15:20.42

Water Temp: 7.20°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Christa Hesterman
Netherlands

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION