



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Heidi Sandal (45y) 

has completed a swim observed by IISA:

Date: 02-Nov-2025

Venue: Esbjerg

Distance: 2000 metres

Swim Time: 00:58:22.14

Water Temp: 9.50°C

Wind Chill: 10.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Helle Nygaard
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION