



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Catharina Hoegdal (34y) 🇩🇰

has completed a swim observed by IISA:

Date: 29-Dec-2025

Venue: Copenhagen, Svanemoellen

Distance: 400 metres

Swim Time: 00:09:00.00

Water Temp: 4.00°C

Wind Chill: -4.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Peter Hoegdal
Denmark

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION