



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Conny Prasser (47y) 

has completed a swim observed by IISA:

Date: 13-Jan-2023

Venue: Samoens

Distance: 500 metres

Swim Time: 00:08:50.42

Water Temp: 0.00°C

Wind Chill: 2.00°C

Altitude: 1000 metres

Stroke: Crawl

Observer: Ram Barkai
South Africa

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION