



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Anja Ruven (40y) 

has completed a swim observed by IISA:

Date: 27-Nov-2022

Venue: Jeugdland Amsterdam

Distance: 1000 metres

Swim Time: 00:17:59.00

Water Temp: 6.20°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Fergil Hesterman
Netherlands

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION