



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Natalie Lang (45y) 

has completed a swim observed by IISA:

Date: 29-Jan-2023

Venue: Pleasure Bay Boston, MA USA

Distance: 1100 metres

Swim Time: 00:21:37.42

Water Temp: 4.28°C

Wind Chill: 10.56°C

Stroke: Crawl

Observer: Martha Wood
United States

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION