



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 SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION