



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailén Lascano Micaz

ICE ID : 336 - ICE MILE : 2

has successfully completed an ICE Mile according to the

INTERNATIONAL ICE SWIMMING ASSOCIATION

by completing a minimum of One Statute mile [1609m] in water temperature
of 5.00°C or lower



Tislit Lake, Morocco

23-Jan-2023

1.0000 mile / 1.61km in 31:19 minutes

Water 3.90°C, Wind Chill 5.00°C, Altitude 2120m, 32.20° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

