



CERTIFICATE OF ACHIEVEMENT

This is to certify that

JB Lanza

ICE ID : 475 - ICE MILE : 5

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

22-Jan-2024

1.0100 mile / 1.63km in 37:41 minutes

Water 4.77°C, Wind Chill -2.00°C, Altitude 2120m

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

