



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nizar Bensaid (24y) 

has successfully competed in
Ice Swim in Morocco

Aguelmam Azegza

19-Jan-2019

200m Freestyle in 04:42.01 minutes

Overall 2nd / Age Group (25-29y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill -1.80°C



Ram Barkai
IISA Chair

Morocco
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION