



CERTIFICATE OF ACHIEVEMENT

This is to certify that

parisis jean-louis marie (67y) 

has successfully competed in
Ice Swim in Morocco

Aguelmam Azegza

19-Jan-2019

50m Breaststroke in 01:44.02 minutes

Overall 7th / Age Group (65-69y) 2nd
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