



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailén Lascano Micaz (28y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 19:50.00 minutes

Overall 3rd / Age Group (25-29y) 2nd

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION