



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailen Lascano Micaz**

ICE ID : 336 - ICE MILE : 3

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



**Morenito Lake, Bariloche, Rio Negro, Argentina**  
**15-Jul-2023**

**1.0000 mile / 1.61km in 29:29 minutes**

Water 4.47°C, Wind Chill 3.00°C, Altitude 766m, 41.03° S

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

