



# 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

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

