



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailén Lascano Micaz**

ICE ID : 336 - ICE MILE : 2

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

23-Jan-2023

1.0000 mile / 1.61km in 31:19 minutes

Water 3.90°C, Wind Chill 5.00°C, Altitude 2120m, 32.20° N

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

