



# 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**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

