



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

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

