



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailen Lascano Micaz** (28y) 

has successfully competed in  
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 19:50.00 minutes

Overall 3rd / Age Group (25-29y) 2nd

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N



Ram Barkai  
IISA Chair

*Poland*  
*Chair & Board*

