



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Teresa Palese (24y) 

has successfully competed in
ICE SWIMMING FVG - IISA ITALIAN CHAMPIONSHIP

Cavazzo Lake

17-Jan-2026

1000m Freestyle in 23:17.58 minutes

Overall 3rd / Age Group (25-29y) 1st

Category Women

Pool Course

Water 4.76°C, Wind Chill 4.60°C, Altitude 191m, 46.19° N



Ram Barkai
IISA Chair

Italy
Chair & Board

