



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sara Monok (40y) 

has successfully competed in

2nd Hungarian Ice Swimming National Championship 2.
Magyar Jegesúszó Országos Bajnokság
MOM Sport, Budapest, Hungary

25-Jan-2026

250m Freestyle in 04:10.60 minutes

Overall 2nd / Age Group (40-44y) 1st
Category Women

Certified Pool Course

Water 3.83°C, Wind Chill 1.00°C, Altitude 100m, 47.49° N



Ram Barkai
IISA Chair

Hungary
Chair & Board

