



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Francois Panchaud (52y) 

has successfully competed in
8th Ice Swim in Morocco

Aguelmam Azegza Lake

08-Feb-2025

500m Freestyle in 11:33.66 minutes

Overall 4th / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 5.70°C, Wind Chill 8.00°C, Altitude 1475m, 32.58° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Morocco
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION