



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sara Monok (39y) 

has successfully competed in

**1st Hungarian Ice Swimming National Championship-1.
Magyar Jegesúszó Országos Bajnokság**

Lupa tó

01-Dec-2024

500m Freestyle in 08:31.20 minutes

**Overall 2nd / Age Group (35-39y) 1st
Category Women**

Pool Course

Water 5.30°C, Wind Chill 9.00°C, Altitude 0m, 47.62° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Hungary
Chair & Board

