



# 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

500m Freestyle in 09:05.40 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

