



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Arleen Gonzalez** (42y) 

has successfully competed in  
**Mongolia Ice Swimming Adventure**

Lake Khuvsgul , Mongolia

06-Oct-2023

nICE Mile in 33:20.00 minutes

Overall 4th / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 8.10°C, Wind Chill 3.90°C, Altitude 1645m, 51.60° N

N-ICE Swim (>5°C)



**Ram Barkai**  
IISA Chair

*Mongolia*  
Chair & Board

