



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elaine K Howley (45y) 

has successfully competed in
Mongolia Ice Swimming Adventure

Lake Khuvsgul , Mongolia

06-Oct-2023

nICE Mile in 00:36.58 minutes

Overall 1st / Age Group (45-49y) 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

