



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailen Lascano Micaz (28y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

100m Freestyle in 01:17.00 minutes

Overall 1st / Age Group (25-29y) 1st

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N



Ram Barkai
IISA Chair

Poland
Chair & Board

