



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailén 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*

