



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nezha Benchakroune (46y) 

has successfully competed in
Ice Swim In Morocco 5th Edition

Aguelmam Azegza Lake -Khénifra

22-Jan-2022

100m Freestyle in 02:50.75 minutes

Overall 2nd / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 5.80°C, Wind Chill 0.00°C, Altitude 1474m, 32.58° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Morocco
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION