



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Meryam Benstitou (32y) 

has successfully competed in
6th Ice Swim in Morocco

Aguelmam Azagza Lake

21-Jan-2023

50m Breaststroke in 01:15.87 minutes

Overall 3rd / Age Group (30-34y) 1st

Category Women

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 1475m, 32.58° N




Ram Barkai
IISA Chair

Morocco
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION