



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Peggy Henning (55y) 

has successfully competed in
Mongolia Ice Swimming Adventure

Lake Khuvsgul , Mongolia

06-Oct-2023

nICE Mile in 34:41.00 minutes

Overall 5th / Age Group (55-59y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION