



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Carlos Franco** (49y) 

has successfully competed in  
**Antarctica Ice Swimming Adventure 1km**

Port Lockroy Antarctica

24-Feb-2024

**1000m Freestyle in 19:09.84 minutes**

Overall 4th / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 1.00°C, Wind Chill 2.60°C, Altitude 0m, 64.82° S



  
**Ram Barkai**  
IISA Chair

*Antarctica*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION