



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Janos Pruzsina (33y) 

has successfully competed in

1st Hungarian Ice Swimming National Championship-1.
Magyar Jegesúszó Országos Bajnokság

Lupa tó

01-Dec-2024

100m Freestyle in 01:06.90 minutes

Overall 1st / Age Group (30-34y) 1st
Category Men

Pool Course

Water 5.30°C, Wind Chill 9.00°C, Altitude 0m, 47.62° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Hungary
Chair & Board

