



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Zdenek Tlamicha**

ICE ID : 93 - ICE MILE : 2

has successfully completed an ICE Mile according to the

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



**Nachod - Belovec**

**31-Jan-2014**

1.2500 mile / 2.01km in 42:15 minutes

Water 3.80°C, Wind Chill 3.00°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

