



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Henko Roukema

ICE ID : 14 - 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



Baffin Bay, Arctic Ocean
31-Aug-2011

1.0000 mile / 1.61km in 30:12 minutes

Water 4.90°C, Wind Chill 0.00°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

