



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Michael Pranckl

ICE ID : 364 - 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



Lake Crackenback, NSW, Australia

08-Aug-2020

1.2500 mile / 2.01km in 34:11 minutes

Water 3.90°C, Wind Chill 3.30°C

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

