



CERTIFICATE OF MEMBERSHIP

This is to certify that

Jesper Teslak-Larsen

ICE ID : 410 - ICE MILE : 1

has successfully qualified as an ICE member of the

INTERNATIONAL ICE SWIMMING ASSOCIATION

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



Snekkersten Havn, Helsingør, Denmark

22-Mar-2021

1.0000 mile / 1.61km in 30:01 minutes

Water 4.53°C, Wind Chill 0.60°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

