



CERTIFICATE OF MEMBERSHIP

This is to certify that

Helle Nygaard

ICE ID : 429 - 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



Vestre Fjordpark, Aalborg, Denmark

18-Dec-2021

1.0100 mile / 1.63km in 53:28 minutes

Water 4.43°C, Wind Chill 5.10°C, Altitude 0m, 57.06° N

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

