



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henri Kaarma**

ICE ID : 31 - 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



**Tyumen, Russia**

**15-Dec-2013**

**1.4900 mile / 2.4km in 41:57 minutes**

**Water 0.00°C, Wind Chill 0.00°C, 57.16° N**

**YOU ARE OFFICIALLY FROZEN**

**Extreme, Zero ICE MILE**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" in a stylized, overlapping arrangement.

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

