



# CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Teodor Tsvetkov**

ICE ID : 598 - ICE MILE : 11

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



**Danco Island Antarctica**

**07-Mar-2026**

1.0000 mile / 1.61km in 29:22 minutes

Water 0.90°C, Wind Chill -4.70°C, Altitude 0m, 64.73° S

**YOU ARE OFFICIALLY FROZEN**

Extreme, Polar, Zero, 10+ ICE MILE

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

