



## 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, 36.44° S

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

