



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Helle Nygaard**

ICE ID : 429 - 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



Vestre Fjordpark, Aalborg, Denmark

08-Dec-2024

1.0097 mile / 1.62km in 56:21 minutes

Water 5.00°C, Wind Chill 0.50°C, Altitude 0m, 57.06° N

**YOU ARE OFFICIALLY FROZEN**

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)

