



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Pawel Sosna

ICE ID : 613 - 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



Kopalnia Wroclaw, Wroclaw, Poland

03-Mar-2026

This swim constitutes a Marathon Ice Swim

1.8641 mile / 3km in 46:57 minutes

Water 4.80°C, Wind Chill 14.00°C, Altitude 112m, 51.21° N

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

