



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ram Barkai

ICE ID : 1 - ICE MILE : 6

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



Murmansk, Russia

23-Mar-2013

1.00 mile / 1.61km in 32:43 minutes

Water 0.00°C, Wind Chill 0.00°C

YOU ARE OFFICIALLY FROZEN

Extreme, Zero, 5+ ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

