



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Dorte Lyager**

ICE ID : 330 - 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



Havnebadet, Aalborg, Denmark

30-Nov-2021

1.00 mile / 1.61km in 36:05 minutes

Water 4.27°C, Wind Chill 2.60°C, Altitude 0m, 57.05° N

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, appearing to read "RAB", positioned above the name of the Chairman.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

