



# 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

1.0000 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**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

