



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Dorte Lyager**

ICE ID : 330 - ICE MILE : 3

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**

**19-Dec-2021**

**1.0100 mile / 1.63km in 36:51 minutes**

**Water 4.03°C, Wind Chill 3.90°C, Altitude 0m, 57.06° N**

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

