



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Dorte Lyager**

ICE ID : 330 - ICE MILE : 5

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

28-Jan-2022

1.0100 mile / 1.63km in 39:02 minutes

Water 3.20°C, Wind Chill 0.70°C, Altitude 0m, 57.06° N

**YOU ARE OFFICIALLY FROZEN**

5+ ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

