



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Chun Kong Mak**

ICE ID : 311 - 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



Slavkov n Brna, Czech Republic

04-Mar-2022

Individual Medley

1.0300 mile / 1.66km in 36:59 minutes

Water 4.10°C, Wind Chill 3.00°C, Altitude 213m, 49.09° N

**YOU ARE OFFICIALLY FROZEN**

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

