



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Chun Kong Mak

ICE ID : 311 - ICE MILE : 4

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



Braník, Prague, Czech Republic

19-Feb-2023

1.0200 mile / 1.64km in 37:17 minutes

Water 4.53°C, Wind Chill 5.50°C, Altitude 183m, 50.03° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

