



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Chun Kong Mak

ICE ID : 311 - 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



Altenwörth, Austria

14-Jan-2024

1.0020 mile / 1.61km in 33:46 minutes

Water 1.17°C, Wind Chill -0.90°C, Altitude 180m, 48.22° N

YOU ARE OFFICIALLY FROZEN

Extreme, 5+ ICE MILE

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

