



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Bárbara Hernández**

ICE ID : 327 - ICE MILE : 2

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



Chile Bay, Antarctica

05-Feb-2023

New Polar Ice Swimming distance record

1.5534 mile / 2.5km in 45:30 minutes

Water 2.23°C, Wind Chill 2.90°C, Altitude 0m, 62.29° S

**YOU ARE OFFICIALLY FROZEN**

Extreme, Polar ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

