



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Zdenek Tlamicha

ICE ID : 93 - 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



Nachod - Belovec

31-Jan-2014

1.25 mile / 2.01km in 42:15 minutes

Water 3.80°C, Wind Chill 3.00°C

YOU ARE OFFICIALLY FROZEN

Extreme 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

