



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Teodor Tsvetkov

ICE ID : 598 - ICE MILE : 11

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



STONINGTON ISLAND

07-Mar-2026

1.0000 mile / 1.61km in 29:22 minutes

Water 0.90°C, Wind Chill -4.70°C, Altitude 0m, 64.71° S

YOU ARE OFFICIALLY FROZEN

Extreme, Polar, Zero, 10+ ICE MILE

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

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

