



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**andrea startin**

ICE ID : 139 - 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



Lough Dan, Ireland

04-Feb-2017

1.0000 mile / 1.61km in 32:21 minutes

Water 4.53°C, Wind Chill 9.00°C, 53.07° N

**YOU ARE OFFICIALLY FROZEN**

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

