IISA
ICE MILE

# CERTIFICATE OF ACHIEVEMENT

This is to certify that

## Henri Kaarma

ICE ID : 31 - 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

Tyumen, Russia

15-Dec-2013

1.4900 mile / 2.4km in 41:57 minutes

Water 0.00°C, Wind Chill 0.00°C, 57.16° N

YOU ARE OFFICIALLY FROZEN

Extreme, Zero ICE MILE

IISA INTERNATIONAL ICE SWIMMING ASSOCIATION

**Ram Barkai** (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

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