



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Hassan Baraka

ICE ID : 390 - 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



Marina, Glogów, Poland

06-Feb-2022

1.0100 mile / 1.63km in 33:09 minutes

Water 3.73°C, Wind Chill 1.40°C, Altitude 88m, 51.67° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

