



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Chun Kong Mak**

ICE ID : 311 - ICE MILE : 4

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



**Braník, Prague, Czech Republic**

**19-Feb-2023**

**1.0200 mile / 1.64km in 37:17 minutes**

Water 4.53°C, Wind Chill 5.50°C, Altitude 183m, 50.03° N

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

