



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Chun Kong Mak**

ICE ID : 311 - 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



**Altenwörth, Austria**

**14-Jan-2024**

**1.0020 mile / 1.61km in 33:46 minutes**

Water 1.17°C, Wind Chill -0.90°C, Altitude 180m, 48.22° N

**YOU ARE OFFICIALLY FROZEN**

Extreme, 5+ ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

