



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Dorte Lyager

ICE ID : 330 - 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



Vestre Fjordpark, Aalborg, Denmark

28-Jan-2022

1.0100 mile / 1.63km in 39:02 minutes

Water 3.20°C, Wind Chill 0.70°C, Altitude 0m, 57.06° N

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

