



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Henko Roukema**

ICE ID : 14 - 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



**Baffin Bay, Arctic Ocean**  
**31-Aug-2011**

**1.0000 mile / 1.61km in 30:12 minutes**

**Water 4.90°C, Wind Chill 0.00°C, 65.25° N**

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

