



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jan Willem Zuilhof (56y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel  
30-Dec-2018

**1000m Freestyle in 24:34.25 minutes**

Overall 6th / Age Group (55-59y) 1st

Category Men

Open Water Course

Water 5.70°C, Wind Chill 5.50°C, 52.29° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

