



× AMSTEL
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

andrea startin (45y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

1000m Freestyle in 21:42.43 minutes

Overall 9th / Age Group (45-49y) 3rd

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

