



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Fergil Hesterman (26y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

1000m Freestyle in 16:02.88 minutes

Overall 2nd / Age Group (25-29y) 1st
Category Men

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

