



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kerstin Thomas (48y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

500m Freestyle in 09:29.60 minutes

Overall 3rd / Age Group (45-49y) 1st

Category Women

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

