



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mirjam van Nimwegen (50y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 13:55.70 minutes

Overall 18th / Age Group (50-54y) 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

