



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Laurence Dalbousiere (54y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

50m Freestyle in 01:05.28 minutes

Overall 7th / Age Group (50-54y) 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

