



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Michiel land** (43y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

**1000m Freestyle in 22:11.93 minutes**

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Overall 6th / Age Group (40-44y) 2nd  
Category Men

Open Water Course

Water 4.50°C, Wind Chill 0.20°C



**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION