



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Stefan Runge (50y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

500m Freestyle in 08:18.19 minutes

Overall 3rd / Age Group (50-54y) 1st
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