



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Thies (48y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

200m Freestyle in 03:40.82 minutes

Overall 5th / Age Group (45-49y) 3rd

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