



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Dagmar den Ouden (39y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

**200m Freestyle in 05:37.24 minutes**

Overall 8th / Age Group (35-39y) 2nd  
Category Women

Open Water Course

Water 4.50°C, Wind Chill 0.20°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION