



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Stefan Runge** (50y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

200m Freestyle in 03:09.29 minutes

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

Category Men

Open Water Course

Water 4.50°C, Wind Chill 0.20°C, 52.37° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

