



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Martin Kuchenmeister (48y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

**200m Freestyle in 03:39.33 minutes**

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Overall 4th / Age Group (45-49y) 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