



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Thies (48y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

100m Freestyle in 01:34.42 minutes

Overall 2nd / Age Group (45-49y) 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