



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ralf Jänike** (39y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

**50m Freestyle in 00:44.82 minutes**

Overall 2nd / Age Group (35-39y) 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