



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Irene van der Laan (57y)** 

has successfully competed in  
**Dutch open ice swimming**  
Zwembad Waterdam Volendam  
19-Jan-2018

**1000m Freestyle in 16:06.98 minutes**

Overall 5th / Age Group (55-59y) 1st


**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 3.60°C, Wind Chill 0.30°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION