



CERTIFICATE OF ACHIEVEMENT

This is to certify that

frederic kocen (45y) 

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

500m Freestyle in 07:25.03 minutes

Overall 2nd / Age Group (45-49y) 1st
Category Men

Open Water Course
Water 3.60°C, Wind Chill 0.30°C




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION