



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Catharina Hoegdal (27y) 🇩🇰

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

1000m Freestyle in 24:49.29 minutes

Overall 8th / Age Group (25-29y) 2nd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.50°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION