



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jessica verstegen** (37y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**1000m Freestyle in 29:15.47 minutes**

Overall 9th / Age Group (35-39y) 3rd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.50°C, 52.29° N

**N-ICE Swim (>5°C)**



**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

