



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

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION