



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kerstin Thomas (48y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

1000m Freestyle in 20:01.15 minutes

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

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