



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**jacomina eijkelboom** (46y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel  
30-Dec-2018

**500m Freestyle in 10:00.20 minutes**

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Overall 4th / Age Group (45-49y) 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*

