



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (42y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel  
30-Dec-2018

**500m Freestyle in 11:14.46 minutes**

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Overall 7th / Age Group (40-44y) 1st  
Category Women [Disabled]

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