



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Stefan Runge** (51y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**500m Freestyle in 08:16.67 minutes**

Overall 2nd / Age Group (50-54y) 1st  
Category Men

Open Water Course

Water 5.70°C, Wind Chill 5.50°C

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

