



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nina Hoegdal (58y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

200m Freestyle in 06:07.03 minutes

Overall 8th / Age Group (55-59y) 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