



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Raymond Oosterbaan** (41y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**200m Freestyle in 03:08.10 minutes**

Overall 1st / Age Group (40-44y) 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*

