



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailén Lascano Micaz** (27y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**100m Freestyle in 01:44.02 minutes**

Overall 2nd / Age Group (25-29y) 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