



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Frederik Hoegdal (21y)** 🇩🇰

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**50m Freestyle in 01:05.90 minutes**

Overall 5th / Age Group (18-24y) 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*



INTERNATIONAL ICE SWIMMING ASSOCIATION