



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Birgit Bonauer (32y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

50m Freestyle in 00:40.18 minutes

Overall 1st / Age Group (30-34y) 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