



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Irene van der Laan (58y) 

has successfully competed in
Dutch open ice swimming Volendam
Zwembad De Waterdam Edam/Volendam
18-Jan-2019

1000m Freestyle in 16:15.21 minutes

Overall 3rd / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 3.70°C, Wind Chill -6.20°C




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION