



CERTIFICATE OF ACHIEVEMENT

This is to certify that

frederic kocen (46y) 


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

200m Freestyle in 02:40.98 minutes

Overall 2nd / Age Group (45-49y) 1st
Category Men

Open Water Course
Water 3.70°C, Wind Chill -6.20°C




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION