



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Carsten Hilker (47y) 

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

200m Freestyle in 04:17.72 minutes

Overall 7th / Age Group (45-49y) 2nd
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