



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Els Wermenbol (64y)** 

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

**100m Freestyle in 04:17.66 minutes**

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**Overall 1st / Age Group (65-69y) 1st**


**WORLD RECORD - AGE GROUP**

**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