



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Itamar Nitzan** (44y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

**1000m Freestyle in 28:25.49 minutes**

Overall 14th / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION