



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alexander Docter (49y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 11:32.20 minutes

Overall 14th / Age Group (45-49y) 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

