



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kate Steels (50y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

29-Dec-2019

500m Freestyle in 09:28.81 minutes

Overall 3rd / Age Group (50-54y) 1st

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Netherlands
Chair & Board

