



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Theo van der Meer (54y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 11:21.27 minutes

Overall 13th / Age Group (50-54y) 6th
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