



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (44y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 09:04.92 minutes

Overall 6th / Age Group (40-44y) 1st
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