



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Thorsten Ullrich-Stegemann (53y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**500m Freestyle in 08:57.13 minutes**

Overall 5th / Age Group (50-54y) 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