



CERTIFICATE OF ACHIEVEMENT

This is to certify that

POLARD Caroline (39y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 15:55.45 minutes

Overall 22nd / Age Group (35-39y) 3rd

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



INTERNATIONAL ICE SWIMMING ASSOCIATION