



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Fergil Hesterman (26y)** 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

29-Dec-2019

**500m Freestyle in 07:58.41 minutes**

Overall 3rd / Age Group (25-29y) 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*

