



× AMSTEL
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Martin Kuchenmeister (50y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 09:44.35 minutes

Overall 10th / Age Group (50-54y) 4th
Category Men

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

