



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

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION