



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Britta Uhde (49y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

200m Freestyle in 03:42.59 minutes

Overall 3rd / Age Group (45-49y) 1st

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