



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**POLARD Caroline** (39y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**200m Freestyle in 05:26.31 minutes**

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Overall 10th / Age Group (35-39y) 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