



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elisabeth de Vries (50y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

200m Freestyle in 06:19.47 minutes

Overall 12th / Age Group (50-54y) 2nd
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