



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rosita Pos (54y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

100m Freestyle in 02:08.58 minutes

Overall 6th / 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