



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Margrit Rudolph (65y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**100m Freestyle in 02:13.38 minutes**

Overall 7th / Age Group (65-69y) 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