



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Birgit Becher** (53y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**50m Freestyle in 00:40.97 minutes**

---

**Overall 5th / Age Group (50-54y) 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