



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Raymond Oosterbaan (42y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

29-Dec-2019

50m Freestyle in 00:31.07 minutes

Overall 2nd / Age Group (40-44y) 1st

Category Men

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Netherlands
Chair & Board

