



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sander Komen (47y) 

has successfully competed in
Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam

18-Jan-2020

1000m Freestyle in 17:12.41 minutes

Overall 5th / Age Group (45-49y) 1st

Category Men

Open Water Course

Water 6.70°C, Wind Chill 5.00°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION