



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jan Willem Zuilhof (58y)** 

has successfully competed in  
**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam

18-Jan-2020

**500m Freestyle in 09:51.91 minutes**

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Overall 6th / Age Group (55-59y) 2nd

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