



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Fergil Hesterman (26y)** 

has successfully competed in  
**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam  
18-Jan-2020

**500m Freestyle in 06:30.80 minutes**

---

Overall 1st / Age Group (25-29y) 1st  
Category Men

Open Water Course

Water 6.70°C, Wind Chill 5.00°C, 52.51° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

