



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Thies (50y) 

has successfully competed in

Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam

19-Jan-2020

100m Freestyle in 01:15.96 minutes

Overall 4th / Age Group (50-54y) 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

