



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Conny Prasser** (40y) 

has successfully competed in  
Dutch open ice swim championships

Zwembad De Waterdam in Volendam

30-Jan-2016

1000m Freestyle in 16:56:00 minutes

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


**WORLD RECORD - AGE GROUP**

Category Women

Pool Course

Water 4.90°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION