



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Ralf van der Poel (31y)** 

has completed a swim observed by IISA:

Date: **31-Jan-2016**

Venue: **Volendam**

Distance: **1000 metres**

Swim Time: **00:14:22.00**

Water Temp: **5.00°C**

Wind Chill: **3.00°C**

Stroke: **Crawl**

Observer: **Richard Broer**  
**Netherlands**

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**