



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Michiel land (43y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

1000m Freestyle in 22:11.93 minutes

Overall 6th / Age Group (40-44y) 2nd
Category Men

Open Water Course

Water 4.50°C, Wind Chill 0.20°C, 52.37° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION