



CERTIFICATE OF ACHIEVEMENT

This is to certify that

kareena parkes (43y) 

has successfully competed in
Dutch open ice swimming
Zwembad Waterdam Volendam
19-Jan-2018

Ice Mile in 43:03.02 minutes

Overall 8th / Age Group (40-44y) 2nd
Category Women

Certified Pool Course

Water 3.60°C, Wind Chill 0.30°C, 52.51° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board

