



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kerstin Thomas** (48y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel  
30-Dec-2018

**500m Freestyle in 09:29.60 minutes**

Overall 3rd / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.50°C, 52.29° N

N-ICE Swim (>5°C)



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

