



× AMSTEL
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

tina deeken (43y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

500m Freestyle in 11:04.50 minutes

Overall 10th / Age Group (40-44y) 1st
Category Women [Disabled]

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

