



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Dagmar den Ouden (39y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

200m Freestyle in 05:37.24 minutes

Overall 8th / Age Group (35-39y) 2nd
Category Women

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