



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (43y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

200m Freestyle in 03:38.87 minutes

Overall 3rd / Age Group (40-44y) 2nd

Category Men

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



INTERNATIONAL ICE SWIMMING ASSOCIATION