



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Raymond Oosterbaan (41y)** 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, the Amstel  
30-Dec-2018

**200m Freestyle in 03:08.10 minutes**

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Overall 1st / Age Group (40-44y) 1st  
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*

