



**X AMSTEL  
X ICE  
X SWIM**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack (44y)** 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

**200m Freestyle in 03:06.85 minutes**

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


Category Men

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*

