



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailen Lascano Micaz (28y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

200m Freestyle in 03:33.09 minutes

Overall 1st / Age Group (25-29y) 1st

Category Women

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

