



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Martina Kopecká** (46y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**200m Freestyle in 08:07.23 minutes**

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Overall 14th / Age Group (45-49y) 2nd

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*

