



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailen Lascano Micaz (27y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, the Amstel
30-Dec-2018

100m Freestyle in 01:44.02 minutes

Overall 2nd / Age Group (25-29y) 1st

Category Women

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

