



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Els Wermenbol (64y)** 

has successfully competed in  
Dutch open ice swimming Volendam  
Zwembad De Waterdam Edam/Volendam  
18-Jan-2019

100m Freestyle in 04:17.66 minutes

Overall 1st / Age Group (65-69y) 1st


**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 3.70°C, Wind Chill -6.20°C, 52.51° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board

