



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Paul Bygrave (57y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

100m Freestyle in 04:17.46 minutes

Overall 10th / Age Group (55-59y) 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

