



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Carlo Pappot (49y)** 

has successfully competed in  
**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam

18-Jan-2020

**100m Freestyle in 01:47.88 minutes**

Overall 5th / Age Group (50-54y) 2nd  
Category Men

Open Water Course

Water 6.70°C, Wind Chill 5.00°C, 52.51° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

