



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kathrin Runge** (48y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam

30-Dec-2017

**500m Freestyle in 12:03.02 minutes**

Overall 6th / Age Group (45-49y) 2nd

Category Women

Open Water Course

Water 4.50°C, Wind Chill 0.20°C, 52.37° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

