



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kathrin Runge (48y) 

has successfully competed in

Amstel Ice Swim

Amsterdam

30-Dec-2017

200m Freestyle in 04:25.74 minutes

Overall 4th / Age Group (45-49y) 3rd

Category Women

Open Water Course

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




Ram Barkai
IISA Chair

Netherlands
Chair & Board

