



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Els Wermenbol (63y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

200m Freestyle in 05:29.03 minutes

Overall 7th / Age Group (60-64y) 1st

Category Women

Open Water Course

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




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION