



CERTIFICATE OF ACHIEVEMENT

This is to certify that

frederic kocen (45y) 

has successfully competed in
Dutch open ice swimming
Zwembad Waterdam Volendam
19-Jan-2018

200m Freestyle in 02:46.56 minutes

Overall 3rd / Age Group (45-49y) 2nd
Category Men

Open Water Course

Water 3.60°C, Wind Chill 0.30°C, 52.51° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION