



# 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*

