



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Antje Mexner (49y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

1000m Freestyle in 20:23.50 minutes

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

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.50°C, 52.29° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

