



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailén Lascano Micaz (27y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

1000m Freestyle in 21:12.15 minutes

Overall 6th / Age Group (25-29y) 1st


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

