



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Deb Tyler (58y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

500m Freestyle in 14:02.28 minutes

Overall 8th / Age Group (55-59y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION