



CERTIFICATE OF ACHIEVEMENT

This is to certify that

tina deeken (42y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

500m Freestyle in 11:14.46 minutes

Overall 7th / Age Group (40-44y) 1st
Category Women [Disabled]

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

