



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Els Wermenbol (64y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

500m Freestyle in 14:21.13 minutes

Overall 9th / Age Group (60-64y) 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

