



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Antje Mexner (49y)** 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**200m Freestyle in 03:43.83 minutes**

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

