



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack** (43y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, the Amstel

30-Dec-2018

**200m Freestyle in 03:38.87 minutes**

Overall 3rd / Age Group (40-44y) 2nd

Category Men

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