



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nick Verhoeven (27y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

200m Freestyle in 05:21.04 minutes

Overall 7th / Age Group (25-29y) 1st
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

