



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Frederik Hoegdal (21y) 🇩🇰

has successfully competed in

Amstel Ice Swim

Amsterdam, the Amstel

30-Dec-2018

50m Freestyle in 01:05.90 minutes

Overall 5th / Age Group (18-24y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION