



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Irene van der Laan (58y)** 

has successfully competed in  
**Dutch open ice swimming Volendam**  
Zwembad De Waterdam Edam/Volendam  
18-Jan-2019

**1000m Freestyle in 16:15.21 minutes**

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Overall 3rd / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 3.70°C, Wind Chill -6.20°C, 52.51° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION