



# 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

20-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



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

