



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**frederic kocen (46y)** 

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

500m Freestyle in 07:00.39 minutes

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Overall 2nd / Age Group (45-49y) 1st

**WORLD RECORD - AGE GROUP**

Category Men

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board

