



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

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



INTERNATIONAL ICE SWIMMING ASSOCIATION