



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rosita Pos (54y) 

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

500m Freestyle in 09:54.04 minutes

Overall 3rd / Age Group (50-54y) 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