



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Carsten Hilker** (47y) 

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

**200m Freestyle in 04:17.72 minutes**

Overall 7th / Age Group (45-49y) 2nd  
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