



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Els Wermenbol (64y) 

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

100m Freestyle in 04:17.66 minutes

Overall 1st / Age Group (65-69y) 1st

WORLD RECORD - AGE GROUP

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