



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailen Lascano Micaz** (28y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

1000m Freestyle in 18:49.75 minutes

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Overall 3rd / Age Group (25-29y) 1st

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

