



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Gerda Holla (46y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

1000m Freestyle in 20:55.78 minutes

Overall 8th / Age Group (45-49y) 2nd

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

