



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Itamar Nitzan** (44y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

1000m Freestyle in 28:25.49 minutes

---

Overall 14th / Age Group (40-44y) 2nd  
Category Men

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*

