



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Peter Bond** (28y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

1000m Freestyle in 22:30.23 minutes

Overall 10th / Age Group (25-29y) 3rd

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*

