



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Britta Uhde** (49y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

**500m Freestyle in 10:26.36 minutes**

Overall 7th / Age Group (45-49y) 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*

