



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (43y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**500m Freestyle in 11:04.50 minutes**

Overall 10th / Age Group (40-44y) 1st  
Category Women [Disabled]

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*

