



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**POLARD Caroline** (39y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

**500m Freestyle in 15:55.45 minutes**

Overall 22nd / Age Group (35-39y) 3rd

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*

