# CERTIFICATE OF ACHIEVEMENT

This is to certify that

## Mirjam van Nimwegen (50y)

has successfully competed in

## Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

## 500m Freestyle in 13:55.70 minutes

Overall 18th / Age Group (50-54y) 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

INTERNATIONAL ICE SWIMMING ASSOCIATION