IISA ICE SWIMMING NETHERLANDS | AMSTEL ICE SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (44y)

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

200m Freestyle in 03:06.85 minutes

Overall 3rd / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)

IISA INTERNATIONAL ICE SWIMMING ASSOCIATION

Ram Barkai
IISA Chair

Netherlands
Chair & Board

IISA ICE SWIMMING NETHERLANDS

INTERNATIONAL ICE SWIMMING ASSOCIATION