



CERTIFICATE OF ACHIEVEMENT

This is to certify that

POLARD Caroline (39y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

200m Freestyle in 05:26.31 minutes

Overall 10th / Age Group (35-39y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION