IISA ICE SWIMMING NETHERLANDS

AMSTEL ICE SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elisabeth de Vries (50y)

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

200m Freestyle in 06:19.47 minutes

Overall 12th / Age Group (50-54y) 2nd

Category Women

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