



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (44y) 

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

100m Freestyle in 01:29.50 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)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION