



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rosita Pos** (54y) 

has successfully competed in

**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

100m Freestyle in 02:08.58 minutes

Overall 6th / 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)



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

