IISA ICE SWIMMING NETHERLANDS

AMSTEL ICE SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Martine Stam (26y)

has successfully competed in

Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

100m Freestyle in 02:03.00 minutes

Overall 5th / Age Group (25-29y) 1st

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