



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Max Garaffa** (23y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel

28-Dec-2019

100m Freestyle in 02:10.59 minutes

Overall 9th / Age Group (18-24y) 1st

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*

