



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul Bygrave** (57y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**100m Freestyle in 04:17.46 minutes**

Overall 10th / Age Group (55-59y) 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