



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sander Komen (47y)** 

has successfully competed in

**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam

18-Jan-2020

1000m Freestyle in 17:12.41 minutes


Overall 5th / Age Group (45-49y) 1st  
Category Men

Open Water Course

Water 6.70°C, Wind Chill 5.00°C, 52.51° N

N-ICE Swim (>5°C)



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board

