



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

Ice Mile in 30:14.47 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



INTERNATIONAL ICE SWIMMING ASSOCIATION