



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Frédéric HERVELIN** (49y) 

has successfully competed in  
**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam

18-Jan-2020

**500m Freestyle in 07:53.53 minutes**

Overall 5th / Age Group (50-54y) 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