



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Polard Caroline (39y) 

has successfully competed in
Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam
18-Jan-2020

500m Freestyle in 11:01.66 minutes

Overall 3rd / Age Group (40-44y) 2nd

Category Women

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

