



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Albert Stienezen (54y) 

has successfully competed in
Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam

18-Jan-2020

500m Freestyle in 07:41.53 minutes

Overall 4th / Age Group (55-59y) 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