



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Fergil Hesterman (26y)** 

has successfully competed in  
**Ice Swimming Volendam**

zwembad De Waterdam Edam/Volendam

18-Jan-2020

**500m Freestyle in 06:30.80 minutes**

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Overall 1st / Age Group (25-29y) 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*

