



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

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



INTERNATIONAL ICE SWIMMING ASSOCIATION