



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

200m Freestyle in 04:04.84 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

