



# 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*



INTERNATIONAL ICE SWIMMING ASSOCIATION