



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kathrin Runge** (53y) 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

250m Freestyle in 04:15.02 minutes

Overall 2nd / Age Group (50-54y) 2nd

Category Women

Pool Course

Water 1.90°C, Wind Chill -10.40°C, Altitude 0m, 52.36° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

