



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ralf van der Poel (31y)** 

has successfully competed in  
**Dutch open ice swim championships**

Zwembad De Waterdam in Volendam

30-Jan-2016

**1000m Freestyle in 14:22:00 minutes**

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Overall 3rd / Age Group (30-34y) 1st

Category Men

Pool Course

Water 4.90°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION