



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Itamar Nitzan (47y) 

has completed a swim observed by IISA:

Date: 02-Nov-2022

Venue: Amstel Ice Swim

Distance: 1000 metres

Swim Time: 00:28:25.49

Water Temp: 5.30°C

Wind Chill: -2.80°C

Stroke: Crawl

Observer: Richard Broer
Netherlands

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION