



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henry Lykke Stokholm (53y)** 🇩🇰

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

250m Freestyle in 03:24.98 minutes

Overall 1st / Age Group (50-54y) 1st

Category Men

Pool Course

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



*RB*  
Ram Barkai  
IISA Chair

*Netherlands*  
Chair & Board

