



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Nadja glæde Tønnesen (35y)** 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Freestyle in 01:33.47 minutes

Overall 3rd / Age Group (35-39y) 1st  
Category Women [Disabled]

Pool Course

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



  
Ram Barkai  
IISA Chair

*Netherlands*  
Chair & Board

