



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tobias Prüßner (39y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

500m Freestyle in 09:13.72 minutes

Overall 7th / Age Group (35-39y) 1st
Category Men

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION