



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Alfred Berendsen (59y) 

has completed a swim observed by IISA:

Date: **16-Dec-2023**

Venue: **Amsterdam Ice Swim 16 december 2023**

Distance: **250 metres**

Swim Time: **00:04:25.00**

Water Temp: **6.40°C**

Wind Chill: **0.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Christa Hesterman**
Netherlands

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION