



**X AMSTERDAM**  
**X ICE**  
**X 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*

