



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Karin van Nassau van den Heuvel** (58y) 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

14-Dec-2024

**250m Freestyle in 04:09.47 minutes**

Overall 2nd / Age Group (55-59y) 1st

Category Women

Pool Course

Water 4.70°C, Wind Chill 3.30°C, Altitude 0m, 52.36° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

