



AMSTERDAM
ICE
SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alfred Berendsen (61y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

13-Dec-2025

250m Freestyle in 04:13.50 minutes

Overall 14th / Age Group (60-64y) 2nd

Category Men

Pool Course

Water 8.60°C, Wind Chill 2.70°C, Altitude 0m, 52.36° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

