



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Frank Koninckx (59y) 

has successfully competed in

Amsterdam Ice Swim

Jeugdland Amsterdam

15-Dec-2024

500m Freestyle in 12:14.26 minutes

Overall 12th / Age Group (55-59y) 4th

Category Men

Pool Course

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




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION