



AMSTERDAM
ICE
SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Heike Sator (46y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2025

500m Freestyle in 13:37.89 minutes

Overall 13th / Age Group (45-49y) 4th

Category Women

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

