



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alfred Berendsen (61y) 

has successfully competed in

Rijn Ice Swim

Eiland van Maurik

18-Jan-2026

500m Freestyle in 09:18.16 minutes

Overall 7th / Age Group (60-64y) 2nd

Category Men

Pool Course

Water 4.60°C, Wind Chill -0.60°C, Altitude 0m, 51.98° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board

