



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Laurin Heemskerk-Stevens (77y)** 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

250m Freestyle in 06:50.99 minutes

Overall 12th / Age Group (75-79y) 1st

Category Women

Pool Course

Water 1.90°C, Wind Chill -10.40°C, Altitude 0m, 52.36° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION