



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Nadja glæde Tønnesen** (35y) 🇩🇰

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

250m Freestyle in 04:32.43 minutes

Overall 3rd / Age Group (35-39y) 1st

Category Women [Disabled]

Pool Course

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



*RAB*  
**Ram Barkai**  
IISA Chair

*Netherlands*  
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION