



**X AMSTERDAM**  
**X ICE**  
**X SWIM**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mark Thies** (53y) 

has successfully competed in

**Amsterdam Ice Swim**

Amsterdam

18-Dec-2022

500m Freestyle in 08:17.29 minutes


Overall 6th / Age Group (50-54y) 2nd

Category Men

Pool Course

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



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

