



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Fergil Hesterman (29y) 

has successfully competed in
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

500m Freestyle in 06:42.67 minutes

Overall 1st / Age Group (25-29y) 1st

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



INTERNATIONAL ICE SWIMMING ASSOCIATION