



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Tobias Prüßner** (42y) 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Freestyle in 01:31.77 minutes

Overall 9th / Age Group (40-44y) 3rd

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