



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (45y) 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Freestyle in 01:29.61 minutes

Overall 2nd / Age Group (45-49y) 1st

Category Women [Disabled]

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