



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nadja glæde Tønnesen (35y) 

has successfully competed in
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Freestyle in 01:33.47 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




Ram Barkai
IISA Chair

Netherlands
Chair & Board

