



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Henry Lykke Stokholm (53y)

has successfully competed in

Amsterdam Ice Swim

Amsterdam 18-Dec-2022

50m Freestyle in 00:30.73 minutes

Overall 2nd / Age Group (50-54y) 1st

Category Men

Pool Course

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

IISA INTERNATIONAL ICE SWIMMING ASSOCIATION

Ram Barkai

IISA Chair

Netherlands Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION