



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Karin van Nassau van den Heuvel (57y) 

has successfully competed in

Amsterdam Ice Swim

Jeugdland Amsterdam

16-Dec-2023

1000m Freestyle in 17:53.76 minutes

Overall 6th / Age Group (55-59y) 1st

Category Women

Pool Course

Water 6.40°C, Wind Chill 9.00°C, Altitude 0m, 52.36° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION