



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jan Tonkens (56y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

16-Dec-2023

500m Freestyle in 13:05.29 minutes

Overall 20th / Age Group (55-59y) 6th

Category Men

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