



AMSTERDAM
ICE
SWIM

POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Karin van Nassau van den Heuvel (59y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

13-Dec-2025

1000m Freestyle in 17:55.79 minutes

Overall 8th / Age Group (55-59y) 3rd

Category Women

Pool Course

Water 8.60°C, Wind Chill 2.70°C, Altitude 0m, 52.36° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Netherlands
Chair & Board

