



**AMSTERDAM**  
**ICE**  
**SWIM**  
POWERED BY SPORTMOMENTJE

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul de Waard (44y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

13-Dec-2025

1000m Freestyle in 16:40.71 minutes

Overall 8th / Age Group (40-44y) 2nd

Category Men

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*

