



AMSTERDAM
ICE
SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Thies (56y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

13-Dec-2025

250m Freestyle in 04:09.62 minutes

Overall 13th / Age Group (55-59y) 1st

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

