



X AMSTERDAM
X ICE
X SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Thies (56y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2025

500m Freestyle in 08:22.03 minutes

Overall 9th / 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

