



X AMSTERDAM
X ICE
X SWIM

POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tobias Prüßner (45y) 

has successfully competed in

Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2025

100m Freestyle in 01:14.15 minutes

Overall 6th / Age Group (45-49y) 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

