



**X AMSTERDAM**  
**X ICE**  
**X SWIM**

POWERED BY SPORTMOMENTJE

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (48y) 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

14-Dec-2025

**50m Freestyle in 00:42.95 minutes**

Overall 3rd / Age Group (45-49y) 1st  
Category Women [Disabled]

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*

