



**AMSTERDAM**  
**ICE**  
**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 Breaststroke in 01:43.03 minutes

Overall 3rd / Age Group (45-49y) 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*

