



AMSTERDAM
ICE
SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marlies Melenhorst (47y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2025

100m Breaststroke in 02:02.15 minutes

Overall 9th / Age Group (45-49y) 4th

Category Women

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

