



AMSTERDAM
ICE
SWIM
POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Karin van Nassau van den Heuvel (59y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2025

100m Breaststroke in 01:53.03 minutes

Overall 7th / Age Group (55-59y) 1st

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

