



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Julia Zeen** (46y) 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**500m Freestyle in 08:53.61 minutes**

Overall 8th / Age Group (45-49y) 2nd


Category Women

Pool Course

Water 6.40°C, Wind Chill 9.00°C, Altitude 0m, 52.36° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

