



AMSTERDAM
ICE
SWIM

POWERED BY SPORTMOMENTJE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sophie Francois (51y) 

has successfully competed in

Amsterdam Ice Swim

Jeugdland Amsterdam

13-Dec-2025

1000m Freestyle in 23:32.73 minutes

Overall 11th / Age Group (50-54y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION