



**X AMSTERDAM**  
**X ICE**  
**X SWIM**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Bego Motriko (45y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

14-Dec-2024

**250m Freestyle in 04:31.37 minutes**

Overall 7th / Age Group (45-49y) 2nd

Category Women

Pool Course

Water 4.70°C, Wind Chill 3.30°C, Altitude 0m, 52.36° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

