



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



INTERNATIONAL ICE SWIMMING ASSOCIATION