



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Anja Ruven** (41y) 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**500m Freestyle in 08:02.21 minutes**

Overall 3rd / Age Group (40-44y) 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