



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Frank Boot (55y) 

has successfully competed in
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Breaststroke in 01:30.99 minutes

Overall 3rd / Age Group (55-59y) 1st

Category Men

Pool Course

Water 1.90°C, Wind Chill -10.40°C, Altitude 0m, 52.36° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION