



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Janneke Harmsen Bakker (45y)** 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

100m Breaststroke in 01:33.46 minutes

Overall 1st / Age Group (45-49y) 1st

Category Women

Pool Course

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



Ram Barkai  
IISA Chair

*Netherlands*  
*Chair & Board*

