



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Friedolien de Fraiture (40y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**100m Breaststroke in 01:49.02 minutes**

Overall 2nd / Age Group (40-44y) 1st

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*

