



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Anja Ruven** (40y) 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

1000m Freestyle in 17:25.26 minutes

Overall 4th / Age Group (40-44y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION