



**X AMSTERDAM**  
**X ICE**  
**X SWIM**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Julia Zeen** (45y) 

has successfully competed in

**Amsterdam Ice Swim**

Amsterdam

17-Dec-2022

250m Freestyle in 05:20.24 minutes

Overall 9th / Age Group (45-49y) 4th

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*

