



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Naomi Apfelbaum Lubek (49y)** 

has successfully competed in  
Amsterdam Ice Swim

Amsterdam

17-Dec-2022

250m Freestyle in 05:05.35 minutes


Overall 7th / Age Group (45-49y) 2nd

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*

