



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Julia Zeen (45y) 

has successfully competed in
Amsterdam Ice Swim

Amsterdam

18-Dec-2022

500m Freestyle in 10:50.21 minutes

Overall 15th / 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



INTERNATIONAL ICE SWIMMING ASSOCIATION