



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

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lilianne Sweere (25y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Amsterdam

18-Dec-2022

**500m Freestyle in 08:02.90 minutes**

Overall 2nd / Age Group (25-29y) 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*

