



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lennard Doodeman** (24y) 

has successfully competed in

**Amsterdam Ice Swim**

Amsterdam

18-Dec-2022


500m Freestyle in 10:23.77 minutes

Overall 14th / Age Group (18-24y) 2nd  
Category Men

Pool Course

Water 1.90°C, Wind Chill -10.40°C, Altitude 0m, 52.36° N



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

