



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Julia Zeen (46y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

16-Dec-2023

1000m Freestyle in 18:51.28 minutes

Overall 8th / Age Group (45-49y) 1st

Category Women

Pool Course

Water 6.40°C, Wind Chill 9.00°C, Altitude 0m, 52.36° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION