



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Bob Harmsen (32y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**250m Freestyle in 03:17.81 minutes**

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**Overall 1st / Age Group (30-34y) 1st**

**Category Men**

**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*

