



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Pascal Cape** (45y) 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**250m Freestyle in 03:48.20 minutes**

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Overall 9th / Age Group (45-49y) 2nd

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*



INTERNATIONAL ICE SWIMMING ASSOCIATION