



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Friedolien de Fraiture (40y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

16-Dec-2023

100m Freestyle in 01:34.10 minutes

Overall 9th / Age Group (40-44y) 2nd

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