



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sophie Francois (49y)** 

has successfully competed in

**Amsterdam Ice Swim**

Jeugdland Amsterdam

16-Dec-2023

**50m Freestyle in 00:55.02 minutes**



**Overall 10th / Age Group (45-49y) 5th**

**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