



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sophie Francois (49y) 

has successfully competed in

Amsterdam Ice Swim

Jeugdland Amsterdam

16-Dec-2023

100m Breaststroke in 02:10.04 minutes

Overall 15th / 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