



X AMSTERDAM
X ICE
X SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Julia Zeen (47y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2024

1000m Freestyle in 20:10.30 minutes

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

Category Women

Pool Course

Water 4.70°C, Wind Chill 3.30°C, Altitude 0m, 52.36° N




Ram Barkai
IISA Chair

Netherlands
Chair & Board

