



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Friedolien de Fraiture (41y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2024

250m Freestyle in 04:25.70 minutes

Overall 5th / Age Group (40-44y) 3rd

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

