



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Bego Motriko** (45y) 

has successfully competed in  
Amsterdam Ice Swim

Jeugdland Amsterdam

14-Dec-2024

250m Freestyle in 04:31.37 minutes

Overall 7th / 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*

