



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Frank Koninckx** (59y) 

has successfully competed in  
Amsterdam Ice Swim

Jeugdland Amsterdam

15-Dec-2024

500m Freestyle in 12:14.26 minutes

Overall 12th / Age Group (55-59y) 4th

Category Men

Pool Course

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



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

