



× AMSTERDAM
× ICE
× SWIM

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helene Ramstad (23y) 

has successfully competed in
Amsterdam Ice Swim

Jeugdland Amsterdam

15-Dec-2024

100m Freestyle in 01:28.87 minutes

Overall 3rd / Age Group (18-24y) 1st

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

