



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Annabel Médard** (45y) 

has successfully competed in  
Amsterdam Ice Swim

Jeugdland Amsterdam

15-Dec-2024

100m Breaststroke in 02:00.21 minutes


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

