



× AMSTERDAM  
× ICE  
× SWIM

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Friedolien de Fraiture (41y)** 

has successfully competed in  
Amsterdam Ice Swim

Jeugdland Amsterdam

15-Dec-2024

100m Breaststroke in 01:51.81 minutes

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

