



**X AMSTERDAM**  
**X ICE**  
**X SWIM**  
POWERED BY SPORTMOMENTJE

# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Erika Franck (49y)** 

has successfully competed in  
**Amsterdam Ice Swim**

Jeugdland Amsterdam

13-Dec-2025

**250m Freestyle in 07:33.06 minutes**

Overall 13th / Age Group (45-49y) 5th


Category Women

Pool Course

Water 8.60°C, Wind Chill 2.70°C, Altitude 0m, 52.36° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

