



**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

14-Dec-2025

100m Freestyle in 02:20.49 minutes

Overall 11th / Age Group (45-49y) 3rd

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*

