



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lilianne Sweere (25y)** 

has successfully competed in  
**Green Heart Ice Swim 2023**

Bodegraven-Reeuwijk

04-Feb-2023

**1000m Freestyle in 19:09.14 minutes**

Overall 2nd / Age Group (25-29y) 1st

Category Women

Open Water Course

Water 5.70°C, Wind Chill 0.00°C, Altitude 0m

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

