



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Karin van Nassau van den Heuvel** (56y) 

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

Bodegraven-Reeuwijk

04-Feb-2023

**250m Freestyle in 04:39.48 minutes**

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Overall 3rd / Age Group (55-59y) 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*

