



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (43y) 

has successfully competed in

**Open Dutch Championship / Green Heart Ice Swim**

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

**500m Freestyle in 10:00.23 minutes**

Overall 4th / Age Group (40-44y) 1st

Category Women [Disabled]

Open Water Course

Water 5.90°C, Wind Chill 8.50°C, 52.06° N

N-ICE Swim (>5°C)



Ram Barkai  
IISA Chair

*Netherlands*  
*Chair & Board*

