



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Fergil Hesterman (26y) 

has successfully competed in
Open Dutch Championship / Green Heart Ice Swim
Reeuwijkse Hout, Bodegraven-Reeuwijk
01-Feb-2020

500m Freestyle in 07:09.16 minutes

Overall 1st / Age Group (25-29y) 1st
Category Men

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



INTERNATIONAL ICE SWIMMING ASSOCIATION