



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Wietske Timmermans** (46y) 

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

Bodegraven-Reeuwijk

05-Feb-2023

**100m Breaststroke in 02:13.54 minutes**

Overall 5th / Age Group (45-49y) 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*

