



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sander Komen (47y) 

has successfully competed in

Open Dutch Championship / Green Heart Ice Swim

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

1000m Freestyle in 19:08.66 minutes

Overall 7th / Age Group (45-49y) 1st

Category Men

Open Water Course

Water 5.90°C, Wind Chill 8.50°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION