



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elisabeth de Vries (50y) 

has successfully competed in

Open Dutch Championship / Green Heart Ice Swim

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

500m Freestyle in 13:15.44 minutes

Overall 8th / Age Group (50-54y) 2nd

Category Women

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