



# 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

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION