



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alexander Schilder (28y) 

has successfully competed in
Open Dutch Championship / Green Heart Ice Swim

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

200m Freestyle in 03:14.94 minutes

Overall 5th / 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