



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Carlo Pappot (49y) 

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

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

200m Freestyle in 04:21.88 minutes

Overall 10th / Age Group (50-54y) 3rd

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