



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tobias Prüßner (39y) 

has successfully competed in

Open Dutch Championship / Green Heart Ice Swim

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

50m Freestyle in 00:36.13 minutes

Overall 3rd / Age Group (40-44y) 2nd

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