



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Hanc de Bokx (48y) 

has successfully competed in
Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam

18-Jan-2020

200m Freestyle in 03:51.59 minutes

Overall 6th / Age Group (45-49y) 2nd

Category Men

Open Water Course

Water 6.70°C, Wind Chill 5.00°C

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION