



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Theo van der Meer (57y)** 

has successfully competed in  
**Green Heart Ice Swim 2023**

Bodegraven-Reeuwijk

04-Feb-2023

**1000m Freestyle in 22:06.86 minutes**

Overall 5th / Age Group (55-59y) 2nd

Category Men

Open Water Course

Water 5.70°C, Wind Chill 0.00°C, Altitude 0m

N-ICE Swim (>5°C)



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

