



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Itamar Nitzan (47y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

04-Feb-2023

1000m Freestyle in 32:30.08 minutes

Overall 7th / Age Group (45-49y) 3rd

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

