



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Theo van der Meer (54y)** 

has successfully competed in  
**Open Dutch Championship / Green Heart Ice Swim**  
Reeuwijkse Hout, Bodegraven-Reeuwijk  
01-Feb-2020


**500m Freestyle in 10:25.70 minutes**

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**Overall 9th / Age Group (55-59y) 2nd  
Category Men**

Open Water Course  
Water 5.90°C, Wind Chill 8.50°C, 52.06° N  
**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

