



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ida de Rooij** (69y) 

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

Bodegraven-Reeuwijk

05-Feb-2023

**500m Freestyle in 18:31.20 minutes**

Overall 13th / Age Group (70-74y) 1st

Category Women

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*

