



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alexander Schilder** (28y) 

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

200m Freestyle in 03:14.94 minutes

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Overall 5th / Age Group (25-29y) 1st  
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*

