



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Albert Stienezen (54y)** 

has successfully competed in  
**Open Dutch Championship / Green Heart Ice Swim**

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

**200m Freestyle in 03:05.93 minutes**

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Overall 3rd / Age Group (55-59y) 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*

