



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lizenka Van der Meij (52y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

05-Feb-2023

100m Breaststroke in 02:50.99 minutes

Overall 9th / Age Group (50-54y) 3rd

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



INTERNATIONAL ICE SWIMMING ASSOCIATION