



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

1000m Freestyle in 18:23.88 minutes

Overall 5th / 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



INTERNATIONAL ICE SWIMMING ASSOCIATION