



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rosita Pos** (55y) 

has successfully competed in

**Open Dutch Championship / Green Heart Ice Swim**

Reeuwijkse Hout, Bodegraven-Reeuwijk

01-Feb-2020

**500m Freestyle in 11:40.25 minutes**

Overall 6th / Age Group (55-59y) 1st

Category Women

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*

