



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**tina deeken** (43y) 

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

**100m Freestyle in 01:40.15 minutes**

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Overall 1st / Age Group (40-44y) 1st  
Category Women [Disabled]

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*

