



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

50m Freestyle in 00:48.61 minutes

**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)

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IISA Chair

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