



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 Breaststroke in 02:03.80 minutes

Overall 2nd / 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



INTERNATIONAL ICE SWIMMING ASSOCIATION