



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Anja Ruven** (41y) 

has successfully competed in  
**Green Heart Ice Swim 2023**

Bodegraven-Reeuwijk

04-Feb-2023

**1000m Freestyle in 19:07.04 minutes**

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**Overall 1st / Age Group (40-44y) 1st**

**Category Women**

**Open Water Course**

**Water 5.70°C, Wind Chill 0.00°C, Altitude 0m**

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION