



CERTIFICATE OF ACHIEVEMENT

This is to certify that

nico groen (71y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

04-Feb-2023

250m Freestyle in 06:01.02 minutes

Overall 6th / Age Group (70-74y) 1st

Category Men

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