



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Marjon van der Harst (61y)** 

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

Bodegraven-Reeuwijk

05-Feb-2023

**500m Freestyle in 12:59.96 minutes**

---

Overall 12th / Age Group (60-64y) 2nd

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