



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Grietje Van der Hoek (48y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

05-Feb-2023

500m Freestyle in 11:45.22 minutes

Overall 10th / Age Group (45-49y) 3rd

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