



# 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*

