



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nienke Hendriks Tuininga (42y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

05-Feb-2023

500m Freestyle in 12:33.22 minutes

Overall 11th / Age Group (40-44y) 4th

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