IISA
ICE SWIMMING NETHERLANDS

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Fergil Hesterman (29y)

has successfully competed in

Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

05-Feb-2023

500m Freestyle in 07:36.52 minutes

Overall 1st / Age Group (30-34y) 1st

Category Men

Open Water Course

Water 5.70°C, Wind Chill 0.00°C, Altitude 0m

N-ICE Swim (>5°C)

IISA
INTERNATIONAL ICE SWIMMING ASSOCIATION

Ram Barkai
IISA Chair

Netherlands
Chair & Board

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