



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Frank Boot (56y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

05-Feb-2023

100m Freestyle in 01:16.30 minutes

Overall 2nd / Age Group (55-59y) 1st

Category Men

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