



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Erik Lambooy** (64y) 

has successfully competed in  
**Green Heart Ice Swim 2023**

Bodegraven-Reeuwijk

05-Feb-2023

**100m Freestyle in 02:11.26 minutes**

Overall 8th / Age Group (65-69y) 2nd  
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