



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Niels Van Gijssel (50y)** 

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

Bodegraven-Reeuwijk

05-Feb-2023

**100m Breaststroke in 02:32.48 minutes**



**Overall 7th / Age Group (50-54y) 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