



# 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 Breaststroke in 01:36.71 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