



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lizenka Van der Meij (52y)** 

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

Bodegraven-Reeuwijk

05-Feb-2023

**100m Breaststroke in 02:50.99 minutes**

Overall 9th / Age Group (50-54y) 3rd

Category Women

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*

