



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Naomi Apfelbaum Lubek (49y) 

has successfully competed in
Green Heart Ice Swim 2023

Bodegraven-Reeuwijk

04-Feb-2023

50m Breaststroke in 01:00.07 minutes

Overall 3rd / Age Group (50-54y) 1st

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



INTERNATIONAL ICE SWIMMING ASSOCIATION