



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Grietje Van der Hoek (48y) 

has completed a swim observed by IISA:

Date: 20-Nov-2022

Venue: Jeugdland Amsterdam

Distance: 500 metres

Swim Time: 00:10:39.00

Water Temp: 6.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Fergil Hesterman
Netherlands

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION