



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Richard Nyary** (39y) 

has successfully competed in  
Polish Championships - Ice Swimming IISA 1km

Katowice

23-Jan-2016

1000m Freestyle in 16:05:00 minutes

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Overall 4th / Age Group (40-44y) 3rd

Category Men

Open Water Course

Water 2.00°C, Wind Chill 0.00°C



Ram Barkai  
IISA Chair

*Poland*  
*Chair & Board*

