



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Marcin Trudnowski (44y)** 

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

Katowice

23-Jan-2016

1000m Freestyle in 16:37:00 minutes

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Overall 5th / Age Group (45-49y) 1st

Category Men

Open Water Course

Water 2.00°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION