



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

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

