



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marek Grzywa (42y) 

has successfully competed in
ICE Cup, Polish Championships IISA 1km

Lake 3 Stawy Katowice

13-Jan-2018

1000m Freestyle in 19:23.55 minutes

Overall 18th / Age Group (40-44y) 10th

Category Men

Open Water Course

Water 2.30°C, Wind Chill -7.80°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION