



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jan Bendl (50y)** 

has successfully competed in  
**Polish Championship In Ice Swimming**

Katowice

12-Jan-2019

**1000m Freestyle in 19:16.00 minutes**

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Overall 9th / Age Group (50-54y) 3rd

Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION