



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lukasz Tkacz (39y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 22:49.00 minutes

Overall 14th / Age Group (40-44y) 5th

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