



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Marek Grzywa** (43y) 

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

Katowice

12-Jan-2019


1000m Freestyle in 25:31.00 minutes

Overall 17th / Age Group (40-44y) 7th  
Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

