



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryszard Sowa (35y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

500m Freestyle in 11:20.00 minutes

Overall 5th / Age Group (35-39y) 2nd
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