



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paulina Nechling** (27y) 

has successfully competed in  
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

100m Freestyle in 01:54.00 minutes

Overall 2nd / Age Group (25-29y) 2nd

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION