



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Krzysztof Nowak (32y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

100m Freestyle in 01:11.00 minutes

Overall 3rd / Age Group (30-34y) 1st

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