



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marek Grzywa (43y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, semyonovskoe lake, Russia

14-Mar-2019

500m Freestyle in 10:03.87 minutes


Overall 23rd / Age Group (40-44y) 7th

Category Men

Open Water Course

Water 0.00°C, Wind Chill -6.30°C




Ram Barkai
IISA Chair

Russian Federation
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION