



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryan Stramrood (39y) 

has successfully competed in
Tyumen ice swimming

Tyumen russia

16-Dec-2012

1000m Freestyle in 15:27.28 minutes

Overall 1st / Age Group (35-39y) 1st

Category Men

Open Water Course

Water 0.00°C, Wind Chill -33.00°C




Ram Barkai
IISA Chair

Russian Federation
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION