



# 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


**WORLD RECORD**

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