



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Marek Grzywa** (44y) 

has successfully competed in  
**River Labe CZ 5th Anniversary Ice Swim**

Hradec Kralove CZ

01-Dec-2019

**1000m Freestyle in 18:51.00 minutes**

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Overall 8th / Age Group (40-44y) 3rd

Category Men

Open Water Course

Water 5.30°C, Wind Chill 0.70°C

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION