



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Richard Nyary (43y) 

has successfully competed in

IISA Polish Championships - Silesia Winter Swimming 2020

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

1000m Freestyle in 00:12.44 minutes



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

Category Men

Open Water Course

Water 4.00°C, Wind Chill -4.00°C



Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION