



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**FEDERICO MIOT** (42y) 

has successfully competed in

**IISA Polish Championships - Silesia Winter Swimming 2020**

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

**500m Freestyle in 06:45.00 minutes**

Overall 5th / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 4.00°C, Wind Chill -4.00°C, 50.24° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

