



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Susan Penaluna** (56y) 

has successfully competed in

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

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

**500m Freestyle in 00:09.38 minutes**

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Overall 2nd / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 4.00°C, Wind Chill -4.00°C



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION