



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Krzysztof Nowak (33y) 

has successfully competed in

IISA Polish Championships - Silesia Winter Swimming 2020

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

200m Freestyle in 00:02.35 minutes



Overall 2nd / Age Group (30-34y) 1st

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