



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henryk Laskowski** (47y) 

has successfully competed in

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

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

**100m Freestyle in 00:02.12 minutes**



**Overall 20th / Age Group (45-49y) 5th**

**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