



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Richard Nyary** (42y) 

has successfully competed in  
**Polish Championship In Ice Swimming**

Katowice

12-Jan-2019

1000m Freestyle in 16:52.00 minutes

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Overall 3rd / Age Group (40-44y) 1st

Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N



A stylized signature in black ink, appearing to read 'RAB'.

**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

