



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kieron Palframan (38y) 

has successfully competed in
Tyumen ice swimming

Tyumen russia

16-Dec-2012

1000m Freestyle in 15:29.29 minutes

Overall 2nd / Age Group (35-39y) 2nd
Category Men

Certified Pool Course

Water 0.00°C, Wind Chill -33.00°C, 57.16° N




Ram Barkai
IISA Chair

Russian Federation
Chair & Board

