



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Grzegorz Truchan (58y)** 

has successfully competed in

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

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

**500m Freestyle in 11:46.00 minutes**

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Overall 17th / Age Group (55-59y) 1st

Category Men

Open Water Course

Water 4.00°C, Wind Chill -4.00°C, 50.24° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

