



# 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, 50.24° N**



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION