



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Henryk Laskowski (46y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

100m Freestyle in 02:23.00 minutes

Overall 12th / Age Group (45-49y) 3rd

Category Men

Open Water Course

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



Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION