



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Henryk Laskowski (47y) 

has successfully competed in

IISA Polish Championships - Silesia Winter Swimming 2020

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

100m Freestyle in 00:02.12 minutes



Overall 20th / Age Group (45-49y) 5th

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