



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Richard Nyary (39y) 

has successfully competed in

Polish Championships - Ice Swimming IISA 1km

Katowice

23-Jan-2016

1000m Freestyle in 16:05:00 minutes

Overall 4th / Age Group (40-44y) 3rd
Category Men

Open Water Course

Water 2.00°C, Wind Chill 0.00°C




Ram Barkai
IISA Chair

Poland
Chair & Board

