



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marek Grzywa (40y) 

has successfully competed in
Polish Championships - Ice Swimming IISA 1km

Katowice

23-Jan-2016

1000m Freestyle in 21:21:00 minutes

Overall 15th / Age Group (40-44y) 9th

Category Men

Open Water Course

Water 2.00°C, Wind Chill 0.00°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION