



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ryszard Sowa (35y)** 

has successfully competed in  
**Polish Championship In Ice Swimming**

Katowice

12-Jan-2019

500m Freestyle in 11:20.00 minutes

Overall 5th / Age Group (35-39y) 2nd  
Category Men

Open Water Course

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



  
Ram Barkai  
IISA Chair

*Poland*  
Chair & Board

