



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mirosław Sitek** (41y) 

has successfully competed in  
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

500m Freestyle in 12:00.00 minutes

Overall 11th / Age Group (40-44y) 7th  
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