



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ryan Stramrood (39y)** 

has successfully competed in  
Tyumen ice swimming

Tyumen russia  
16-Dec-2012

1000m Freestyle in 15:27.28 minutes

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Overall 1st / Age Group (35-39y) 1st  
Category Men

Open Water Course

Water 0.00°C, Wind Chill -33.00°C, 57.16° N



  
Ram Barkai  
IISA Chair

*Russian Federation*  
*Chair & Board*

