



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kathryn Pratschke** (48y) 

has successfully competed in  
**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 23:11.31 minutes

Overall 16th / Age Group (45-49y) 6th

Category Women

Certified Pool Course

Water 5.70°C, Wind Chill 5.00°C, 54.35° N

N-ICE Swim (>5°C)



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

