



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Patrick Wilke** (40y) 

has successfully competed in  
**Africa Lesotho Ice Swimming**

Afriski, Lesotho, africa

28-Jul-2019

**1000m Freestyle in 18:18.52 minutes**

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**Overall 2nd / Age Group (40-44y) 1st**

**Category Men**

**Open Water Course**

**Water 2.00°C, Wind Chill 1.80°C, 29.61° S**



  
**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION