



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marcin Trudnowski (48y) 

has successfully competed in

IISA Polish Championships - Silesia Winter Swimming 2020

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

1000m Freestyle in 13:11.00 minutes

Overall 7th / Age Group (45-49y) 2nd

Category Men

Open Water Course

Water 4.00°C, Wind Chill -4.00°C, 50.24° N




Ram Barkai
IISA Chair

Poland
Chair & Board

