



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Grzegorz Truchan** (58y) 

has successfully competed in

**IISA Polish Championships - Silesia Winter Swimming 2020**

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020


500m Freestyle in 00:11.46 minutes

Overall 17th / Age Group (55-59y) 1st  
Category Men

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

