



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jens Dittrich (41y)** 

has successfully competed in  
**IISA 4th World Championship**

Glogow, Poland

03-Feb-2022

**100m Individual Medley in 01:11.72 minutes**

Overall 8th / Age Group (40-44y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

**Category Men**

Open Water Course

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION