



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Franz Herbst (65y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

05-Feb-2022

250m Freestyle in 04:21.49 minutes

Overall 36th / Age Group (65-69y) 2nd
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