



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Richard Nyary (45y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

03-Feb-2022

500m Freestyle in 07:13.65 minutes

Overall 16th / Age Group (45-49y) 3rd

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