



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ralf Jänike (43y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

04-Feb-2022

100m Breaststroke in 01:38.22 minutes

Overall 16th / Age Group (40-44y) 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

