



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (46y) 

has successfully competed in
Gdynia Winter Swimming Cup

GDYNIA

08-Jan-2022

250m Freestyle in 03:37.46 minutes

Overall 8th / Age Group (45-49y) 1st

WORLD RECORD - AGE GROUP

Category Men

Open Water Course

Water 2.39°C, Wind Chill -4.00°C, Altitude 0m, 54.52° N




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION