



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack** (46y) 

has successfully competed in  
**Gdynia Winter Swimming Cup**

GDYNIA

08-Jan-2022


**100m Freestyle in 01:13.54 minutes**

Overall 13th / Age Group (45-49y) 2nd  
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