



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lucas Kowalczyk (34y)** 

has successfully competed in  
**IRELAND ICE SWIMMING**

Armagh, north Ireland

07-Feb-2015

1000m Freestyle in 15:27:00 minutes

Overall 4th / Age Group (30-34y) 1st

**WORLD RECORD - AGE GROUP**

Category Men

Pool Course

Water 3.10°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION