



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova (45y)** 

has successfully competed in  
**River Labe CZ Ice Swim 2016**

Hradec Kralove

17-Dec-2016

**1000m Freestyle in 27:56.00 minutes**

Overall 4th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 1.60°C, Wind Chill -2.70°C, 50.21° N



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*

