



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova (48y)** 

has successfully competed in

**IISA Polish Championships - Silesia Winter Swimming 2020**

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

**1000m Freestyle in 21:16.00 minutes**

Overall 9th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 4.00°C, Wind Chill -4.00°C, 50.24° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

