



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




Ram Barkai
IISA Chair

Czech Republic
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION