



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alena Demlova (46y) 

has successfully competed in
ICE Cup, Polish Championships IISA 1km

Lake 3 Stawy Katowice

13-Jan-2018

1000m Freestyle in 24:31.15 minutes

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

Category Women

Open Water Course

Water 2.30°C, Wind Chill -7.80°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION