



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova (46y)** 

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

Hradec Kralove, river Labe, Czech Republic  
10-Dec-2017

**1000m Freestyle in 30:04.00 minutes**

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Overall 3rd / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 2.50°C, Wind Chill -5.20°C, 50.21° N



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*

