



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 00:30.04 minutes

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

Category Women

Open Water Course

Water 2.50°C, Wind Chill -5.20°C




Ram Barkai
IISA Chair

Czech Republic
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION