



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alena Demlova (47y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 29:43.00 minutes

Overall 5th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C



Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION