



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alena Demlova (47y) 

has successfully competed in
River Labe CZ Ice Swim

Hradec Kralove CZ

02-Dec-2018

1000m Freestyle in 23:54.00 minutes

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

Category Women

Open Water Course

Water 0.60°C, Wind Chill -0.50°C




Ram Barkai
IISA Chair

Czech Republic
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION