



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jaroslav Zeman (51y)** 

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

Hradec Kralove CZ

02-Dec-2018

**500m Freestyle in 09:29.00 minutes**

---

Overall 2nd / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 0.60°C, Wind Chill -0.50°C



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION