



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alena Demlova (48y) 

has successfully competed in
River Labe CZ 5th Anniversary Ice Swim

Hradec Kralove CZ

01-Dec-2019

1000m Freestyle in 23:34.00 minutes

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

Category Women

Open Water Course

Water 5.30°C, Wind Chill 0.70°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Czech Republic
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION