



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alena Demlova (48y) 

has successfully competed in

IISA Polish Championships - Silesia Winter Swimming 2020

Katowice, lake Szlomiok (Dolina Trzech Stawów)

22-Feb-2020

1000m Freestyle in 00:21.16 minutes



Overall 9th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 4.00°C, Wind Chill -4.00°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION