



# 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 6th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N



**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

