



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Michael Hudson (45y)** 

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

Hradec Kralove CZ

01-Dec-2019

**1000m Freestyle in 14:42.00 minutes**

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**Overall 2nd / Age Group (45-49y) 1st**

**Category Men**

**Open Water Course**

**Water 5.30°C, Wind Chill 0.70°C, 50.21° N**

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*

