



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jan Prokop** (49y) 

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

Hradec Kralove CZ

01-Dec-2019

**1000m Freestyle in 15:06.00 minutes**

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Overall 4th / Age Group (45-49y) 2nd

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

