



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova** (45y) 

has successfully competed in  
**River Labe CZ Ice Swim 2016**

Hradec Kralove

17-Dec-2016

1000m Freestyle in 27:56.00 minutes

Overall 4th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 1.60°C, Wind Chill -2.70°C, 50.21° N

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**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*

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