



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova** (46y) 

has successfully competed in

**ICE Cup, Polish Championships IISA 1km**

Lake 3 Stawy Katowice

13-Jan-2018

**1000m Freestyle in 24:31.15 minutes**

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

Category Women

Open Water Course

Water 2.30°C, Wind Chill -7.80°C, 50.24° N



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

