



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alena Demlova (47y)** 

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

Hradec Kralove CZ

02-Dec-2018

**1000m Freestyle in 23:54.00 minutes**

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Overall 3rd / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 0.60°C, Wind Chill -0.50°C, 50.21° N



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION