



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Chun Kong Mak (33y) 

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

Hradec Kralove CZ

01-Dec-2019

1000m Freestyle in 16:06.00 minutes

Overall 6th / Age Group (30-34y) 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

