



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Vlasta Čudanová (69y)** 

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

Hradec Kralove CZ

01-Dec-2019

**500m Freestyle in 11:13.00 minutes**

Overall 1st / Age Group (65-69y) 1st

Category Women

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*

