



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lenka Kurinova (38y)** 

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

Hradec Kralove, Czech Republic

27-Nov-2022

**500m Freestyle in 10:38.10 minutes**

Overall 4th / Age Group (35-39y) 1st

Category Women

Open Water Course

Water 4.57°C, Wind Chill 4.20°C, Altitude 200m, 50.21° N



  
**Ram Barkai**  
IISA Chair

*Czech Republic*  
Chair & Board

