



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ulf Karnikowski (33y) 

has successfully competed in
Ice Swimming Aqua Sphere German Open

Veitsbronn
04-Jan-2019

500m Freestyle in 07:42.60 minutes

Overall 6th / Age Group (30-34y) 1st


WORLD RECORD - AGE GROUP

Category Men

Open Water Course

Water 1.40°C, Wind Chill 2.00°C




Ram Barkai
IISA Chair

Germany
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION