



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Conny Prasser (43y)** 

has successfully competed in  
**Ice Swimming Aqua Sphere German Open**

Veitsbronn  
04-Jan-2019

**500m Freestyle in 08:09.00 minutes**

Overall 4th / Age Group (40-44y) 1st


**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 1.40°C, Wind Chill 2.00°C



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION