



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ralf Jänike** (40y) 

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

Veitsbronn  
04-Jan-2019

**200m Freestyle in 03:32.60 minutes**

Overall 10th / Age Group (40-44y) 1st

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