



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lars Mack (44y) 

has successfully competed in

**6th Ice Swimming Aqua Sphere German Open &
IISA®WorldCup Veitsbronn 2020**

Veitsbronn Germany

04-Jan-2020

50m Breaststroke in 00:38.20 minutes

Overall 1st / Age Group (45-49y) 1st


WORLD RECORD - AGE GROUP

Category Men

Open Water Course

Water 2.80°C, Wind Chill 4.00°C




Ram Barkai
IISA Chair

Germany
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION