



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ulf Karnikowski (33y)** 

has successfully competed in

**Silbersee-Ice-Cup**

Silbersee Langenhagen

07-Dec-2019

**50m Breaststroke in 00:59.78 minutes**

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Overall 3rd / Age Group (30-34y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill 5.20°C



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION