



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Thorsten Ullrich-Stegemann (53y) 

has successfully competed in

Silbersee-Ice-Cup

Silbersee Langenhagen

07-Dec-2019

200m Freestyle in 03:31.77 minutes

Overall 4th / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill 5.20°C, 52.43° N



Ram Barkai
IISA Chair

Germany
Chair & Board

