



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ulf Karnikowski (38y)** 

has successfully competed in  
**Silbersee-Ice-Cup 2024**

Silbersee Langenhagen

30-Nov-2024

**200m Breaststroke in 04:06.91 minutes**

Overall 2nd / Age Group (35-39y) 1st

Category Men

Open Water Course

Water 6.10°C, Wind Chill 0.00°C, Altitude 51m

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*

