



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ricarda Bernhard (39y) 

has successfully competed in
Silbersee-Ice-Cup 2024

Silbersee Langenhagen

30-Nov-2024

50m Breaststroke in 01:07.34 minutes

Overall 11th / Age Group (35-39y) 1st

Category Women

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



INTERNATIONAL ICE SWIMMING ASSOCIATION