



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ulf Karnikowski (34y)** 

has successfully competed in

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

Veitsbronn Germany

04-Jan-2020

**100m Breaststroke in 01:43.10 minutes**

Overall 3rd / Age Group (35-39y) 1st


**WORLD RECORD - AGE GROUP**

**Category Men**

Open Water Course

Water 2.80°C, Wind Chill 4.00°C, 49.51° N



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION