



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ulf Karnikowski (33y) 

has successfully competed in

Silbersee-Ice-Cup

Silbersee Langenhagen

07-Dec-2019

200m Freestyle in 03:24.32 minutes

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



INTERNATIONAL ICE SWIMMING ASSOCIATION