



**Silbersee Ice-Cup 2023**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Annabel Médard (44y)** 

has successfully competed in

**Silbersee Ice-Cup**

Silbersee Langenhagen

02-Dec-2023

**1000m Freestyle in 24:58.06 minutes**

Overall 3rd / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 4.80°C, Wind Chill 1.00°C, Altitude 51m, 52.43° N



**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*

