



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ross Jackson** (43y) 

has successfully competed in

**Silbersee Ice-Cup**

Silbersee Langenhagen

02-Dec-2023

**200m Freestyle in 03:52.21 minutes**

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

Category Men

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION