



Silbersee Ice-Cup 2023

CERTIFICATE OF ACHIEVEMENT

This is to certify that

tina deeken (46y) 

has successfully competed in

Silbersee Ice-Cup

Silbersee Langenhagen

02-Dec-2023

200m Breaststroke in 05:36.32 minutes

Overall 4th / Age Group (45-49y) 3rd

Category Women [Disabled]

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