



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Nicole Kruettgen (46y)** 

has successfully competed in

**Silbersee Ice-Cup**

Silbersee Langenhagen

02-Dec-2023

**200m Breaststroke in 04:20.12 minutes**

Overall 1st / Age Group (45-49y) 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*



INTERNATIONAL ICE SWIMMING ASSOCIATION