



CERTIFICATE OF ACHIEVEMENT

This is to certify that

tina deeken (46y) 

has successfully competed in

Silbersee Ice-Cup

Silbersee Langenhagen

02-Dec-2023

100m Breaststroke in 02:19.66 minutes

Overall 3rd / Age Group (45-49y) 2nd

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