



**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

**100m Breaststroke in 02:09.35 minutes**

Overall 2nd / 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*



INTERNATIONAL ICE SWIMMING ASSOCIATION