



**2025**  
**Silbersee Ice-Cup**  
**Langenhagen**

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kathrin Runge (56y)** 

has successfully competed in  
**Silbersee Ice-Cup 2025**

Silbersee Langenhagen

29-Nov-2025

**250m Freestyle in 04:44.56 minutes**

Overall 11th / Age Group (55-59y) 4th


Category Women

Open Water Course

Water 5.30°C, Wind Chill 5.00°C, Altitude 51m, 52.42° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Germany*  
*Chair & Board*

