



Silbersee Ice-Cup

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Volker von Thenen (62y) 

has successfully competed in
Silbersee-Ice-Cup 2024

Silbersee Langenhagen

01-Dec-2024

50m Freestyle in 01:11.22 minutes



Overall 8th / Age Group (60-64y) 2nd

Category Men

Open Water Course

Water 6.10°C, Wind Chill 0.00°C, Altitude 51m

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Germany
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION