



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Monika Fricke (71y) 

has successfully competed in
Silbersee Ice-Cup 2025

Silbersee Langenhagen

29-Nov-2025

50m Freestyle in 01:13.92 minutes

Overall 15th / Age Group (70-74y) 2nd

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

