



Silbersee Ice-Cup

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alex Mankowitz (46y) 

has successfully competed in
Silbersee-Ice-Cup 2024

Silbersee Langenhagen

01-Dec-2024

100m Breaststroke in 03:18.40 minutes

Overall 7th / Age Group (45-49y) 3rd

Category Women

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