



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Volker von Thenen (62y) 

has successfully competed in
Silbersee-Ice-Cup 2024

Silbersee Langenhagen

30-Nov-2024

50m Breaststroke in 10:08.00 minutes

Overall 10th / 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