



2025
Silbersee Ice-Cup
Langenhagen

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tobias Prüßner (45y) 

has successfully competed in
Silbersee Ice-Cup 2025

Silbersee Langenhagen

29-Nov-2025

50m Breaststroke in 01:00.42 minutes

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

Category Men

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

