



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Kathrin Jessing (53y) 

has successfully competed in
Silbersee Ice-Cup 2025

Silbersee Langenhagen

29-Nov-2025

50m Breaststroke in 01:30.13 minutes

Overall 16th / Age Group (50-54y) 4th

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

