



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jens Trommer (55y) 

has successfully competed in

Silbersee Ice-Cup

Silbersee Langenhagen

02-Dec-2023

1000m Freestyle in 21:38.75 minutes

Overall 4th / Age Group (55-59y) 2nd

Category Men

Open Water Course

Water 4.80°C, Wind Chill 1.00°C, Altitude 51m, 52.43° N




Ram Barkai
IISA Chair

Germany
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION