



Silbersee Ice-Cup 2023

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Stefan Runge (56y) 

has successfully competed in

Silbersee Ice-Cup

Silbersee Langenhagen

02-Dec-2023

1000m Freestyle in 16:18.22 minutes

Overall 1st / Age Group (55-59y) 1st

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