



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jens Trommer (56y) 

has successfully competed in
Silbersee-Ice-Cup 2024

Silbersee Langenhagen

01-Dec-2024

500m Freestyle in 09:57.03 minutes

Overall 3rd / Age Group (55-59y) 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

