



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jens Trommer (56y)** 

has successfully competed in  
**Silbersee-Ice-Cup 2024**

Silbersee Langenhagen

01-Dec-2024

**100m Breaststroke in 01:48.40 minutes**

Overall 2nd / Age Group (55-59y) 1st

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*

