

**My SwimRun Friendship battle 2025**

**🌊 New Distance Record: 17,108.5 km!**

What a phenomenal month! This year's SwimRun challenge was a thrilling mix of endurance, creativity, and community spirit—fueled by passion and plenty of fun.

Despite chilly waters in the north at the start, the participants collectively swam and ran an impressive **17,108.5 km**, averaging **110.4 km per athlete**. A new record—well done to everyone!

**🏆 Team Ranking**

In the team competition, the seasoned **Floating Rockets** from Germany once again claimed victory, leading the field with **3,433 km**.

Following close behind in 2nd place was the spirited international team **Come On SwimRun**, whose consistent effort earned them **2,672 km** and the distinction of splitting the two top German squads.

Rounding out the podium were the ever-determined **Turbo Tadpoles – die Kraulquappen** with **2,033 km**.

Shoutout to our runners-up:

* 🇸🇪 **Frostbite** (Sweden), again a very creative and engaged performance, 4th place
* 🇦🇹 **Team Alpe Adria** (Austria/Italy), who had a strong second half and climbed to 5th
* 🇵🇱 **SwimRun Sumin** (Poland) finishing as newcomer with a splendid 6th

We're thrilled to see **four new teams in the Top 10**, proving the SwimRun spirit is growing:

* 2nd: **Come On SwimRun** (INT)
* 6th: **SwimRun Sumin** (PL)
* 7th: **Wet, Wild & Related** (PL)
* 8th: **High Runners** (GER)

**👟 Individual Rankings**

**Men**

Defending his title, **Michael Gerlach** (Floating Rockets) showed no signs of slowing down, racking up an incredible **686 km**—that’s **22.9 km per day**!

He was followed by teammate **Sebastian Colberg** with **561 km**, and in 3rd place, the top international finisher: **Dimitriy Kunihin** from **Come On SwimRun** with **429 km**.

**Women**

The women’s competition was incredibly tight!
🥇 **Nargiza Sharipova** (INT) took the top spot with **584.5 km**, just edging out her teammate **Yulia Nagavkina** who delivered **560 km**.

🥉 **Juliane Sandow** (Turbo Tadpoles) claimed 3rd with a solid **379 km**.

**Race Highlight:**
In an epic last-minute push, **Sebastian Colberg** ran **11 extra km at 10 PM** after helping organize the SwimRun Rheinsberg event—all to pass Yulia by just **1 km** and secure an overall podium finish. Now *that’s* dedication!

**🌍 Country Rankings**

Thanks to its large pool of active participants, **Germany** leads the country rankings, followed by:
2. **International Team**
3. **Sweden**
4. **Poland**

**💪 30 Days of SwimRun Champions**

Huge applause for these athletes who completed *30 consecutive days* of SwimRun:

* **Clarissa Fröberg** (Frostbite)
* **Nargiza Sharipova** (INT)
* **Henrik Forssell** (Frostbite)
* **Philipp Lehmann** (Floating Rockets)
👏👏👏 Let’s give them a standing ovation!

**📣 Join the Celebration – Livestream on June 28th!**

Don’t miss our **Instagram Live** from the **Backwaterman event** on **June 28 at 7:15 PM (CET)**. Around 8 teams will be on-site—we'll toast to the season, recap highlights, and...

🎁 **Hold our big final raffle!**
Among the 172 participants, **15 prizes** will be drawn, including:

* 2 free race entries
* A **MAKO SwimRun Neoprene**
* **Isotonic products** from Herbalife
* A **2-for-1 SwimRun Camp** in Finland
* **RunningCD** and more surprises!

**💙 From Your Organizers:**

Thanks to everyone who took part, cheered, shared, and lived the SwimRun spirit this year. Your energy made it unforgettable.

See you out there—somewhere, somehow... *of course swimrunning!*

**Michael & Andreas**