**My Story**

In 2021, I started triathlon because I’ve always loved swimming and recently discovered that I’m a

pretty solid runner. As I got deeper into structured training and the bike game, I was excited about

combining multiple disciplines into one sport. I progressed quickly, landed some podium finishes,

and felt like I was on the right track.

But even though I was strong in swimming and running, cycling was the one piece where I

needed to level up to truly compete at the top. And let’s be real—cycling is expensive. A proper

triathlon bike, maintenance, all the extra aero gear… it all made a huge diﬀerence. My setup was

simple, and I just didn’t have the budget to invest in the high-end equipment that many others

had. I kept racing triathlons, but it became clear that no matter how much eﬀort I put in, the gear

gap made it tough to keep up.

At the same time, I discovered some Swim&Run (Aquathlon) races. They felt more natural to me—

pure racing and no expensive gear. So when I found a SwimRun event in Berlin in September

2023, I knew I had to give it a shot.

I had no idea what to expect—no teammates, no experience, just curiosity. On race day, another

SwimRunner quickly explained the transitions to me. What started as an experiment turned into a

victory. I crossed the finish line as first woman.

I focus on Sprint and Half-Distance races, and my favorites so far have been **Rheinsberg**, where I

finished as the first female, and **ÖTILLÖ Cannes**, my first international race, where I placed

second.

There’s something special about SwimRun—the mix of swimming and running, the deep

connection with nature, and the freedom from tracking every split and pace. It’s about feeling the

moment, adapting to the elements, and embracing the adventure.

SwimRun is pure joy. No overpriced high-tech gear, no barriers—just you, the water, the trails, and

the challenge.

The **MySwimRunChampionship** is an incredible opportunity to connect with the SwimRun world

and take on new adventures in amazing surroundings. I’m thrilled to be part of it and can’t wait to

race on the world stage!

Follow my story on the way to the World Championships Sprint and Half Marathon …