

CARLO THRÄNHARDT



High Jump Record Holder

Carlo Thränhardt is a multiple European record holder as well as a world record holder in high jumping .

Carlo Thränhardt (* 1957) has always been an enthusiastic athlete even during his training as an industrial clerk as well as during university where he later studied German language, literature and journalism.

In 1981 he won his first international medal as runner-up at the European Indoor Championships in Grenoble. Two years later he set a world high jump record for the first time with 2.37 m, which he improved to 2.40 m shortly afterwards. In 1988, he set another world indoor record in Berlin with 2.42m. In 2012 he wanted to try again: At the Eberstadt high jump meeting, he jumps a new world record twice in the M55 age group and finishes the competition with the record height of 1 metre 87.

In 1993, he ended his active career and became a TV presenter, author and keynote speaker. Among other things, he presented the Pro7 sports news, was a commentator for Premiere and made a film about Boris Becker. Today he is a partner in a Munich-based company that develops training programmes for corporate employees. In February 2015, Carlo Thränhardt was appointed by the German Tennis Federation to the coaching and support staff of the Tennis Davis Cup Team as the new fitness and mental coach. From 1993 to 1996, Carlo Thränhardt was already responsible for Boris Becker's athletics and fitness alongside him.

In his lectures, Carlo Thränhardt shows in a relaxed and humorous way how to motivate oneself to achieve top performances again and again. He incorporates a lot of personal information about successes and defeats into his lectures and transfers his experiences to the world of work and life in general. In addition to lectures, Carlo Thränhardt also offers workshops to promote team spirit and self-motivation, in which he spends a day exercising and attending a sporting event with the participants.