

CHRISTINA OBERGFÖLL



2013 Javelin World Champion

Christina Obergföll is one of the most successful track and field athletes in Germany. With a total of 8 medals at international championships in the javelin throw discipline, she has achieved absolute top performances like no other over many years. She still holds the German record today with 70.20 metres.

Christina Obergföll was born in 1981 in Lahr in the Black Forest. She discovered athletics at the age of six and worked ambitiously, meticulously and unstopably from an early age to realise her great dream. Her path led her from her home town of Mahlberg via the Offenburg athletics club into the world of top-class sport.

In 2005, Obergföll unexpectedly won the silver medal at the World Championships in Helsinki with a new European record and established herself as one of the world's top athletes. After being denied the ultimate success for a long time, Obergföll's perseverance, hard work and diligence were rewarded with the gold medal at the 2013 World Championships in Moscow. She ended her successful career in 2016 after a total of four appearances at the Olympic Games.

Obergföll is Sportswoman of the Year 2013 and recipient of the Order of Merit of the State of Baden-Württemberg. She has a master's degree in prevention and health management and has been working for a health insurance company as a sports and health ambassador for many years. She is also involved with the "Förderverein krebskranker Kinder Freiburg e.V." and is an ambassador for "Alphabetisation & Grundbildung" in the state of BW.

Topics (Selection):

- Motivation & Success - The road to the gold medal
- • The Spearhead of Success - Mastering Highs & Lows