



## Tobias Blum

**Nationality:** German  
**Place of Birth:** Saarbrücken  
**Date of Birth:** 16.01.1995  
**Place of Residence:** Saarbrücken  
  
**Coach:** Franz Josef Reinhardt  
**Club:** LC Rehlingen  
**Sponsor:** Brooks  
**Height:** 1,90 m

### Performances:

	Time	Place/Year
<b>3.000 m</b>	8:08.98	Rehlingen / 2020
<b>5.000 m</b>	13:59.53	Regensburg / 2020
<b>10.000 m</b>	29:32.52	Bautzen / 2017
<b>10 km</b>	29:12	Berlin / 2021
<b>Half Marathon</b>	1:03.19	Barcelona / 2020
<b>Marathon</b>	2:16:57	Köln / 2018

Photo Quelle: Norbert Wilhelm

### International Honours

Rank	Distance / Performance	Event	Place/Year
6. Place	10.000m / 29:54.02	European Championships U23	Bydgoszcz / 2017

### National Honours

Rank	Distance / Performance	Event	Place/Year
1. Place	Half Marathon / 1:06:36	German Championships U23 (9. Place overall)	Hannover / 2017
1. Place	Cross Country	German Championships U23	Löningen / 2017
1. Place	Half Marathon / 1:05:55	German Championships U23 (5. Place overall)	Bad Liebenzell / 2016
2. Place	Cross Country	German Championships U23	Herten / 2016
3. Place	5.000 m / 14:38.03	German Championships U23	Wattenscheid / 2016
2. Place	10 km / 30:15	German Championships U23 (5. Place overall)	Hamburg / 2016

### LATEST RESULTS

#### 2022

Rank	Distance / Performance	Event	Date
5. Place	10km / 29:24	Berlin City Night	30.07.22
4. Place	10 km / 30:07	Citylauf Oelde	11.06.22

#### 2021

Rank	Distance / Performance	Event	Date
11. Place	10 km / 29:43	German Championships 10km Uelzen	31.10.21
10. Place	Half Marathon / 1:05:48	German Championships Hamburg	17.10.21
1. Place (race B)	10km / 29:12	Berlin Invitational III	07.03.21


#### 2020

Rank	Distance / Performance	Event	Date
1. Place	Half Marathon / 1:05:33	World Half Marathon Championships Gdynia	17.10.20
1. Place	3.000m / 8:08.98	Rehlingen Meeting	15.08.20
11. Place	5.000m / 14:31.02	German Championships	08.08.20
3. Place	5.000m / 13:59.53	Regensburg Laufnacht	25.07.20
1. Place	3.000m / 8:17.14	Rehlingen Meeting	12.07.20
25. Place	Half Marathon / 1:03:19	Barcelona Half Marathon	16.02.20

#### 2019

Rank	Distance / Performance	Event	Date
7. Place	10 Miles / 50:08	Jever Fun Lauf Schortens	17.08.19
7. Place	5.000m / 14:03.62	Mittsommerlauf Regensburg	29.05.19
9. Place	5.000m / 14:09.28	Karlsruhe Laufnacht	18.05.19
15. Place	10km / 29:31	Würzburger Residenzlauf	14.04.19

<b>2018</b>			
<b>Rank</b>	<b>Distance / Performance</b>	<b>Event</b>	<b>Date</b>
10. Place	8 km /23:18	Silvesterlauf Trier	31.12.18
1. Place	Marathon / 2:16:57	Köln Marathon	07.10.18
4. Place	10km / 29:32	German Championships Bremen	02.09.18
11. Place	Half Marathon / 1:04:38	Hamburg Half Marathon	01.07.18
<b>2017</b>			
<b>Rank</b>	<b>Distance / Performance</b>	<b>Event</b>	<b>Date</b>
1. Place	Half Marathon / 1:05:42	Köln Half Marathon	01.10.17
6. Place	10.000m / 29:54.02	European Championships U23	13.07.17
5. Place	5.000m / 14.05.49	Regensburg Meeting	10.06.17
11. Place	1.500m / 3:51,58	Pfingstsportfest Rehlingen	05.06.17
5. Place	10.000m /29:32.52	German Championships Bautzen	13.05.17
1. Place	Half Marathon / 1:06:36	German Championships U23 (9. Place overall)	09.04.17
1. Place	Cross Country	German Championships Löningen U23	11.03.17
<b>2016</b>			
<b>Rank</b>	<b>Distance / Performance</b>	<b>Event</b>	<b>Date</b>
21. Place	Cross Country	European Championships U23	11.12.16
3. Place	Cross Country	Tilburg Cross U23	27.11.16
3. Place	Half Marathon / 1:06:49	Köln Half Marathon	02.10.16
2. Place	10 km / 30:15	German Championships U23 (5. Place overall)	11.09.16
3. Place	5.000 m / 14:38.03	German Championships U23	23.07.16
3. Place	5.000 m / 14:17.44	Karlsruhe Laufnacht	20.05.16
1. Place	Half Marathon / 1:05:55	German Championships U23	23.04.16
14. Place	Cross Country	Student World Championships	15.03.16
2. Place	Cross Country	German Championships U23	05.03.16
<b>2015</b>			
<b>Rank</b>	<b>Distance / Performance</b>	<b>Event</b>	<b>Date</b>
16. Place	10 km / 30:02	German Championships Bad Liebenzell	06.09.15
1. Place	3.000 m / 8:19.86	Saarbrücken Meeting	23.07.15
1. Place	1.500 m / 3:54.68	Saarbrücken Meeting	09.07.15

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