



Simon Boch

Nationality: German
Date of Birth: 18.04.94
Place of Residence: Regensburg
Club: LG Telis Finanz Regensburg
Coach: Kurt Ring
Sponsor: ASICS

Performances:

	Time	Place/Year
3.000 m	7:56.87	Regensburg / 2020
5.000 m	13:34.97	Heusden / 2021
10.000 m	28:11.69	Pliezhausen / 2022
5 km	13:41	Malaga / 2022
10 km	28:01	Berlin / 2021
Half Marathon	1:01:36	Gdynia / 2020
Marathon	2:10:48	Dresden / 2021

Fotoquelle: privat

National Honours

Rank	Distance / Performance	Event	Date
1. Place	10.000 m / 28:11.69	German Championships	Pliezhausen / 2022
1. Place	Half Marathon / 1:02:24	German Championships	Hamburg / 2021
3. Place	5.000m / 13:53,53	German Championships	Braunschweig / 2021
2. Place	10.000m / 28:22.75	German Championships	Mainz / 2021
2. Place	10km / 28:56	German Championships	Siegburg / 2019
3. Place	10.000m / 28:45.34	German Championships	Essen / 2019
3. Place	Half Marathon / 1:04:36	German Championships	Freiburg / 2019
2. Place	10.000m / 29:24.95	German Championships	Pliezhausen / 2018

International Honours

Rank	Distance / Performance	Event	Date
35. Place	Half Marathon / 1:01:36	World Championships	Gdynia / 2020

LATEST RESULTS

2022

Rank	Distance / Performance	Event	Date
1. Place	10km / 28:39	Berlin City Night	30.07.22
24. Place	10.000m / 28:39.29	European Cup	28.05.22
1. Place	10.000 m / 28:11.69	German Championships Pliezhausen	07.05.22
3. Place	5 km / 13:41	META Time Trials ASICS	24.04.22

2021

Rank	Distance / Performance	Event	Date
5. Place	10 km / 29:25	German Championships 10km Uelzen	31.10.21
1. Place	Half Marathon / 1:02:24	German Championships Hamburg	17.10.21
2. Place	10 km / 30:10	Tübinger ERBE-Lauf	19.09.21
1. Place	10.000m / 29:25.65	Regensburg Meeting	10.07.21
10. Place	5.000m / 13:34,94	Heusden Meeting	03.07.21
1. Place	5.000m / 13:51,11	Laufnacht Regensburg	19.06.21
3. Place	5.000m / 13:53,53	German Championships Braunschweig	05.06.21
2. Place	10.000m / 28:22.75	German Championships 10.000m Mainz	01.05.21
1. Place	3.000m / 8:06.53	Regensburg Meeting	24.04.21
1. Place	Marathon / 2:10:48	itelligence Invitational Dresden	21.03.21
2. Place	10km / 28:01	Berlin Invitational III	07.03.21

2020

Rank	Distance / Performance	Event	Date
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2. Place	10km / 28:10	Dresden Invitational	08.11.20
35. Place	Half Marathon / 1:01:36	World Championships Gdynia	17.10.20
2. Place	10km / 28:37	Berlin Invitational	26.09.20
4. Place	Half Marathon / 1:04:28	Frankfurt Invitational Half Marathon	13.09.20
7. Place	5.000m / 14:15.29	German Championships Braunschweig	08.08.20
1. Place	10.000m / 29:06.38	Regensburg Meeting	11.07.20
1. Place	3.000m / 7:56.87	Regensburg Meeting	04.07.20
4. Place	Cross Country	German Championships Ingolstadt	07.03.20
13. Place	Half Marathon / 1:02:31	Barcelona Half Marathon	16.02.20

2019

Rank	Distance / Performance	Event	Date
15. Place	Cross Country	European Championships Lisbon	08.12.19
2. Place	10km / 28:56	German Championships Siegburg	15.09.19
7. Place	5.000m / 14:07.75	German Championships Berlin	04.08.19
8 Place (race B)	5.000m / 13:54.47	Heusden Meeting	20.07.19
23. Place	10.000m / 28:53.53	European Cup 10.000m London	06.07.19
1. Okace	3.000m / 8:15.27	Langquaid Meeting	28.06.19
3. Place	10.000m / 28:45.34	German Championships Essen	08.06.19
3. Place	5.000m / 13:47.42	Regensburg Meeting	29.05.19
1. Place	3.000m / 8:09.32	Regensburg Meeting	12.05.19
3. Place	Half Marathon / 1:04:36	German Championships Freiburg	07.04.19

2018

Rank	Distance / Performance	Event	Date
1. Place	11,1km / 33:03	Bietigheim Silvesterlauf	31.12.18
42. Place	Cross Country	European Championships Tilburg	09.12.18
5. Place	10km / 29:48	German Championships Bremen	02.09.18
2. Place	10.000m / 29:24.95	German Championships Pliezhausen	12.05.18
1. Place	3.000m / 8:09.25	Regensburg Meeting	27.04.18

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