



## THEA HEIM

Vorname, Nachname

**Nationality:** GERMAN  
**Place of Birth:** STARNBERG  
**Date of Birth:** 26.07.1992  
**Place of Residence:** MUNICH  
**Club:** LG Telis Finanz Regensburg

Hoka One One, Gorewear, Underpressure Sox  
 Julboeyewear, TNT, Dr. Jacobs, Staatlich Fach., Emcools  
 Sport

**Sponsors:**

**Height:** 174cm


Performances:	Time	Place/Year
3.000 m	9:20.41	Karlsfeld / 2017
5.000 m	16:08.43	Regensburg / 2017
10.000 m	33:48.73	Karlsfeld/ 2017
10 km	34:10	Bad Liebenzell / 2017
Half Marathon	1:13:26	Barcelona / 2020
Marathon	2:36:10	Hamburg / 2019

Photo Quelle: Privat

National Honours			
Rank	Distance / Performance	Event	Date
2. Place	Half Marathon / 1:13:47	Freiburg Half Marathon	Freiburg / 2019
3. Place	10.000m / 34:35.40	German Championships 10.000m	Pliezhausen / 2018
3. Place	10.000m / 34:34.75	German Championships 10.000m	Bautzen / 2017

LATEST RESULTS			
2020			
Rank	Distance / Performance	Event	Date
26. Place	Half Marathon / 1:13:26	Barcelona Half Marathon	16.02.20
2019			
Rank	Distance / Performance	Event	Date
1. Place	10 km / 34:50	Silvesterlauf München	31.12.19
25. Place	Marathon / 2:41:14	Frankfurt Marathon	27.10.19
1. Place	Half Marathon / 1:16:38	Graz Half Marathon	13.10.19
3. Place	Half Marathon / 1:15:54	Wachau Half marathon	29.09.19
1. Place	Half Marathon / 1:15:27	Kiel Half Marathon	08.09.19
5. Place	Half Marathon / 1:15:52	Klagenfurt Half Marathon	25.08.19
1. Place	10 km / 34:12	Stadtlauf Wolfratshausen	07.07.19
15. Place	Marathon / 2:36:10	Hamburg Marathon	28.04.19
2. Place	Half Marathon / 1:13:57	Freiburg Half Marathon	07.04.19
3. Place	Half Marathon / 1:14:38	Verona Half Marathon	17.02.19
2018			
Rank	Distance / Performance	Event	Date
1. Place	Half Marathon / 1:16.41	Riva del Garda Trentino Half Marathon	11.11.18
1. Place	3.000m / 9:33.47	Karlsfeld Läufercup	11.07.18
14. Place	5.000m / 16:13.15	Tübingen Soundtrack-Meeting	16.06.18
3. Place	10.000m / 34:35.40	German Championships 10.000m Pliezhausen	12.05.18
2017			
Rank	Distance / Performance	Event	Date
5. Place	10km / 34:10	German Championships 10km Bad Liebenzell	03.09.17
1. Place	10.000m / 33:48.73	Karlsfeld Läufercup	21.07.17
4. Place	5.000m / 16:35.31	German Championships Erfurt	09.07.17
1. Place	3.000m / 9:20.41	Karlsfeld Läufercup	21.06.17
1. Place	5.000m / 16:08.34	Regensburg Meeting	10.06.17

3. Place	10.000m / 34:34.75	German Championships 10.000m Bautzen	13.05.17
4. Place	Half Marathon / 1:15:13	German Championships Hannover	09.04.17
1. Place	10km / 34:46	Rund um das Bayerkreuz	05.03.17

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