



Photo Quelle: Privat



## Marc Koch

**Nationality:** German  
**Place of Birth:** Berlin  
**Date of Birth:** 24.05.1994  
**Place of Residence:** Berlin  
  
**Coach:** Nadine Großkopf  
**Club:** LG Nord Berlin  
**Sponsor:** Puma  
  
**Height:** 187 cm


Performances:		
	Time	Place/Year
<b>200m Indoor</b>	21.91	Berlin / 2015
<b>200m</b>	22.17	Weinheim / 2016
<b>400m Indoor</b>	46.40	Leipzig / 2017
<b>400m</b>	46.18	Erfurt / 2017

International Honours			
Rank	Distance / Performance	Event	Place/Year
3. Place	4x400m / 3:05.97	European U23 Championships	Tallinn / 2015

National Honours			
Rank	Distance / Performance	Event	Place/Year
3. Place	400m / 47.75	German Indoor Championships	Leipzig / 2019
3. Place	400m / 46.18	German Championships	Erfurt / 2017
1. Place	400m / 46.40	German Indoor Championships	Leipzig / 2017

LATEST RESULTS			
2022			
Rank	Distance / Performance	Event	Date
4. Place	400 m / 46.39	German Championships Berlin	26.06.22
1. Place	400 m / 46.86	PUMA Fast Arms, Fast Legs Meeting Wetzlar	11.06.22
2. Place (race C)	400 m / 47.40	Sparkassengala Regensburg	04.06.22
2021			
Rank	Distance / Performance	Event	Date
2. Place	400 m / 46.82	Mittsommernacht Berlin	29.06.21
4. Place	400 m / 46.88	German Championships Braunschweig	06.06.21
2. Place	400 m / 47.73	Berlin Meeting	21.05.21
2. Place (race B)	400 m / 47.74	Mannheim Meeting	15.05.21
1. Place (race B)	400 m / 47.58	Erfurt Indoor Meeting	02.02.21
2019			
Rank	Distance / Performance	Event	Date
3. Place (race B)	400m / 47.34	Schiffange Athletics Meeting	18.08.19
6. Place	400m / 46.56	German Championships Berlin	04.08.19
6. Place (race C)	400m / 46.94	La Chaux-de-Fonds	30.06.19
5. Place (race B)	400m / 47.15	Oordegem IFAM Meeting	25.05.19
3. Place	400m / 47.75	German Indoor Championships Leipzig	16.02.19
5. Place	400m / 47.74	Karlsruhe Indoor Meeting	02.02.19
1. Place	400m / 48.06	Berlin Regional Indoor Championships	20.01.19
1. Place	200m / 21.95	Berlin Regional Indoor Championships	20.01.19
2017			
Rank	Distance / Performance	Event	Date
3. Place	400m / 46.18	Erfurt German Championships	09.07.17
2. Place	400m / 47.14	Regensburg Laufnacht Sparkassen Gala	11.06.17

1. Place	400m / 46.40	Leipzig German Indoor Championships	19.02.17
1. Place	200m / 22.17	Berlin Regional Indoor Championships	22.01.17
<b>2016</b>			
Rank	Distance / Performance	Event	Date
Semi-Final	400m / 46.89	Kassel German Championships	18.06.16
2. Place	200m / 22.17	Weinheim Kurpfalz Gala	29.05.16
1. Place	400m / 47.22	Rehlingen Pfingstsportfest	16.05.16
2. Place	400m / 47.30	Leipzig German Indoor Championships	28.02.16
2. Place	400m / 47.11	Hannover Regional Indoor Championships	06.02.16
<b>2015</b>			
Rank	Distance / Performance	Event	Date
3. Place	4x400m / 3:05.97	Tallinn European U23 Championships	12.07.15
3. Place	400m / 46.89	Wetzlar German U23 Championships	14.06.15
1. Place	200m / 21.91	Berlin Regional Indoor Championships	25.01.15

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