



Foto Quelle: privat



Karolina Pahlitzsch

Nationality: German
Place of Birth: Berlin
Date of Birth: 05.04.1994
Place of Residence: Berlin

Coach: Bend Knobloch / Nadine Großkopf
Club: LG Nord Berlin
Sponsor:

Height: 174cm

| Performances: | | |
|---------------|---------|---------------------|
| | Time | Place/Year |
| 400m Indoor | 54,65 | Potsdam / 2020 |
| 400m | 51,88 | Braunschweig / 2020 |
| 400m Hu | 57,10 | Tucson / 2019 |
| 800m | 2:08,27 | Tucson / 2018 |

National Honours

| Rank | Distance / Performance | Event | Place/Year |
|----------|------------------------|----------------------|---------------------|
| 2. Place | 400m / 51,88 | German Championships | Braunschweig / 2020 |
| 2. Place | 400m / 52,87 | German Championships | Berlin / 2019 |

LATEST RESULTS

2022

| Rank | Distance / Performance | Event | Date |
|------------------|------------------------|-----------------------------|----------|
| 7. Place | 400m / 53.54 | German Championships Berlin | 26.06.22 |
| 3. Place (Heat3) | 400m / 53.06 | German Championships Berlin | 25.06.22 |
| 4. Place | 400m / 53.25 | Citta Di Conegliano | 11.06.22 |
| 2. Place | 400m / 53.58 | Sparkassengala Regensburg | 04.06.22 |

2021

| Rank | Distance / Performance | Event | Date |
|-------------------|------------------------|-----------------------------------|----------|
| 5. Place | 400 m / 53.40 | ISTAF Berlin | 12.09.21 |
| 3. Place | 300 m / 37.69 | Stettin Meeting | 15.08.21 |
| 3. Place | 400 m / 52.87 | Sollentuna Meeting | 13.06.21 |
| 5. Place | 400 m / 53.28 | German Championships Braunschweig | 06.06.21 |
| 3. Place (Heat1) | 400 m / 52.99 | German Championships Braunschweig | 05.06.21 |
| 1. Place (race B) | 400m / 53,54 | Dessau Meeting | 21.05.21 |
| 6. Place | 4x400m / 3:33,00 | World relays Chorzow | 02.05.21 |
| 4. Place | 400m / 53,61 | Vecindario Meeting | 16.04.21 |


2020

| Rank | Distance / Performance | Event | Date |
|----------|------------------------|-----------------------------------|----------|
| 2. Place | 400m H / 57,62 | Szczecin Meeting | 16.08.20 |
| 2. Place | 400m / 51,88 | German Championships Braunschweig | 09.08.20 |
| 3. Place | 400m / 53,34 | Midsommar Meeting Berlin | 03.07.20 |
| 1. Place | 400m / 54,49 | Berlin Outdoor Meeting | 28.06.20 |
| 1. Place | 400m / 54,65 | Potsdam Indoor Meeting | 26.01.20 |

2019

| Rank | Distance / Performance | Event | Date |
|-------------------------|------------------------|--|----------|
| 7. Place (Semi final B) | 4x400m mix / 3:17.85 | IAAF World Championships Doha | 28.09.19 |
| 4. Place | 4x400m / 3:31.18 | European Team Championships Super League Bydgoszcz | 11.08.19 |
| 2. Place | 400m / 52,87 | German Championships Berlin | 04.08.19 |
| 2. Place | 400m / 52,60 | Regensburg Meeting | 07.07.19 |
| 5. Place | 4x400m mix / 3:19.88 | European Games Minsk | 26.06.19 |
| 3. Place | 400m Hu / 57,10 | Tucson Meeting | 12.05.19 |
| 1. Place | 400m / 53,37 | Torrance Meeting | 19.04.19 |

| 2018 | | | |
|----------|------------------------|-------------------------------|----------|
| Rank | Distance / Performance | Event | Date |
| 6. Place | 4x400m / 3:30.33 | European Championships Berlin | 11.08.18 |
| 5. Place | 400m / 53,24 | German Championships Nürnberg | 22.07.18 |
| 2. Place | 400m Hu / 57,88 | Tucson (Arizona) Meeting | 07.04.18 |
| 5. Place | 800m / 2:08.64 | Seattle Indoor Meeting | 24.02.18 |

| | | | |
|--|------------|--|---|
| International SportService Christoph Kopp Alt-Marinfelde 16 D-12277 Berlin Germany | telephone: | +49 30 627 93 411 |  |
| | Fax: | +49 30 622 90 57 | |
| | mobile: | +49 172 391 55 01 | |
| | e-mail: | christophkopp@web.de | |
| | website: | www.issberlin.de | |