

Flash Quotes As of 9 AUG 2018

LOBE Ricarda (GER)

100m Hurdles Women Round 1 Heat 1/3 - Winner 13.03 Q

Before the race I just concentrated on myself and was "in the tunnel", but after I crossed the finish line I got aware of all this wonderful noise from the crowd. I would not have thought that this can be so loud. It is amazing. Warm-up not so easy for me because it was really early for me. But when I entered the stadium everything came together, also because of the tension, the adrenaline and the audience. If you know that most of the spectators want you to do well and they support you, you really want to give something back to them. This heat was a controlled one, so 13.03s is really good. I achieved my first goal of reaching the semi-final, and maybe, with some luck, I might also be in the final. My coach says I am impatient and he is right. It takes time in hurdles until all things come together from training to competition.

08/08/2018 10:26

NDAMA Solene (FRA)

100m Hurdles Women Round 1 Heat 2/3 - Winner 12.88 PB Q

I could not have done better than this: a new PB! I am super satisfied with myself. I feel so great. Now I even hope to be in the final if I can execute as well as in this heat again. I guess, everything is open, is possible now. But of course, I would not call myself a contender. At the end of this race no other athlete was next to me. I was not stressed today unlike in combined events. I was relaxed and cool. My head was free. I like the atmosphere in such championships, when the eyes of everyone are on you and you just have to give your best.

08/08/2018 10:31

KOLECZEK Karolina (POL)

100m Hurdles Women Round 1 Heat 3/3 - Winner 12.96 SB Q

The run was good, i just need to work on the last two hurdles because they were a bit slow. My goal is to improve the personal best and if I manage this, I think it will be enough to get to the final. I like this morning races, the temperature was OK for me. Between the sessions, I just do some physio and try to relax.

08/08/2018 10:29

VANDEBEMDEN Robin (BEL)

200m Men Round 1 Heat 1/4 - Winner 20.50 Q

I started really strong, and then it was a matter of staying focused for the last 100m, so I could push a bit. My preparation for these championships was slightly different than usual, I ran the 200m in Geneva, then a few 400m in between there and now. Last week, I ran the 200m again, so let's see what happens later in the semi-final.

08/08/2018 10:48

HOWE Andrew (ITA)

200m Men Round 1 Heat 1/4 - Second 20.60 Q

This stadium is amazing and this audience is great. I love Berlin. After I tore my Achilles tendon in 2011, I could not continue with long jump, my coach suggested to switch to the 200m. And it was really a good idea.

08/08/2018 10:52

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TSÁKONAS Likoúrgos-Stéfanos (GRE)

200m Men Round 1 Heat 2/4 - Winner 20.49 Q

Yes, this was easy but it will be a completely different race in the afternoon. I am well prepared and feel good, just need to stay focused for the semi-final as it will be much more serious. The conditions, everything is OK.

08/08/2018 11:02

ECKHARDT Neele (GER)

Triple Jump Women Qualifying Rounds Group A - Winner 14.33 SB Q

This was precision work! The aim was to have a first good attempt. I am happy to be able to leave the triple jump track now because it is very hot over there in the sun. Having European championships at home, I can expect even more from myself. It seems like I can jump in nearly every condition because at the national championships in Nuremberg I did some good jumps in the rain. Plus there is this wonderful atmosphere. My family and friends are here, there are cheering for me. What I am looking forward to most are the three last attempts in the final. I need a lot of calm and rest, this is why I have not yet seen much of Berlin. I was also quite nervous those last days so I was not in the mood for strolling through the city.

08/08/2018 11:31

PAPHRÍSTOU Paraskeví (GRE)

Triple Jump Women Qualifying Rounds Group A - Winner 14.49 Q

I would not believe it can be so hot in Germany. The weather is really testing us. But I really love this stadium and this track. It fits to me. The crowds are so supportive to all athletes so I am looking forward to the final. Now we have some time to prepare and to focus on the final but I do not want to talk about it too much. It will be a tough competition.

08/08/2018 11:48

MÄKELÄ Kristiina (FIN)

Triple Jump Women Qualifying Rounds Group A - Fifth 14.24 Q

I am definitely ready to jump around 14.50m. Yes, my PB is 14.31 but I have not had a perfect jump yet. I am prepared for 14.50 and I know I can manage it. The European medal is my target and I believe this result would be enough to get it. I expect the final will be very competitive and we will see many long jumps. I am also excited because of the fans - I have the people from my home town Orimattila coming here to support me. And they were quite loud today.

08/08/2018 11:51

PELETEIRO Ana (ESP)

Triple Jump Women Qualifying Rounds Group A - Fifth 14.27 Q

Qualification went really well this morning, but that's something I was hoping for, given that my training regime has been really strong this season. My main goal was to get a good first jump, and I did, and this will enable me to save some energy for the final. Having the chance of training with such a strong group, including some of my direct rival, has its advantages. We really support and motivate each other, even if, at the same time, it makes me a little nervous, meaning I need to up my game all the time. I want to build on what I achieve in 2017, and keep getting stronger and stronger. The last four years didn't really go according to plan, so I'm happy to have recovered, and to feel ready to meet my goals this season.

08/08/2018 12:03

Flash Quotes As of 9 AUG 2018

DIALLO Rouguy (FRA)

Triple Jump Women Qualifying Rounds Group B - Winner 14.31 PB Q

Qualifying with a new PB of 14.31m and a big Q - I could not have done better. I was afraid that I might not hit my marks because of being too fast also due to the heat.

08/08/2018 12:08

MINENKO Hanna (ISR)

Triple Jump Women Qualifying Rounds Group A - Second 14.41 SB Q

This qualification was ok. My last jump was really good. The other attempts were not good because it was so hot and it was hard for me to motivate myself in this qualification. This was one step to the final, and not a bad one as I achieved a SB of 14.41m. Now I forget about this qualification. In the final I can show even better jumps.

08/08/2018 12:09

GIERISCH Kristin (GER)

Triple Jump Women Qualifying Rounds Group B - Winner 14.31 Q

For me it is always good to have an invalid attempt, so I know that I am on the ball. There was quite some confusion and chaos for me: it was hot, there were technical problems and my run-up did not work at the beginning. But I qualified with 14.31m, I cannot complain. For the final on Friday there will also be my boyfriend and a group of friends, so it will be like a big family reunion. I am quite relaxed, I am an old hand at championships. I share a room with Neele Eckhardt, we will watch the championships on TV in our climatized room. It is good to have somebody like Neele around me.

08/08/2018 12:24

DESALU Eseosa (ITA)

200m Men Round 1 Heat 3/4 - Winner 20.39 SB Q

I'm feeling great about having a SB in the heats, but, I was aiming for that anyway because my preparation back home went really well this season. My main goal was to apply what I have been learning in this heat, and to stay relaxed and focused for as long as I could through out the race. This enabled me to feel consistently strong all the way through, which is very important when you're a sprinter. Now, I am going to get ready for the semi-final this evening, and, if I reach the final, which is not that impossible, then I will party all night long.

08/08/2018 11:12

BOCKARIE Solomon (NED)

200m Men Round 1 Heat 4/4 - Winner 20.66 Q

This was a good race, relaxed and controlled. Just good for this morning and to advance to the semi-final. Now I need to rest. In the semi-final, of course, I have to run faster than this if I want to make it to the final. This track is a good one. It is a magical track because of the World records that were run here.

08/08/2018 11:28

MÜLLER Steven (GER)

200m Men Round 1 Heat 4/4 - Second 20.78 Q

With 20,78s there is still some improvement left for the semi-final. And I have enough power and energy left for the next round. Thank you Berlin and thank you Germany.

08/08/2018 11:30

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NIELSEN Laviai (GBR)

400m Women Round 1 Heat 1/4 - Winner 51.67 PB Q

I'm so pleased with my PB, I tried to time my training so that I would peak at these Championships, so I'm over the moon with how I ran today. It is also my first time in this stadium, and I'm really excited about. I watched the 2009 Championships at home, but now I'm here, and the weather is beautiful too. This season was hard to balance my studies with finishing my degree, which wasn't easy, so I feel my training regime suffered a bit because of that. Studying Geography was also one of my dreams for a very long time, so I'm happy I was able to combine both at this level.

08/08/2018 11:31

BOLINGO MBONGO Cynthia (BEL)

400m Women Round 1 Heat 2/4 - Winner 51.69 PB Q

New PB with 51,69s! This is really an "Ouff" thing. Too strange and weird. I passed the limit of 52s. This was my aim for the whole season and now I am here also with a big Q. I did not think that I could achieve such a thing with the big Q. It is all possible thanks to my coach Carole Bam. She kept repeating to me that I am capable of a 51-time. She helped me a lot and gave me a lot of self-confidence. I always start fast, I cannot run slower at the beginning. I believe this helped me to achieve such a great time.

08/08/2018 11:45

CHIGBOLU Maria Benedicta (ITA)

400m Women Round 1 Heat 3/4 - Winner 51.76 SB Q

I'm very happy with my PB, especially because it's my first time this season running under 52 seconds. This crowd is amazing, and this stadium is beautiful. I like the fact it's a fast track for the 400m, so I'm really happy.

08/08/2018 12:01

MILLER Polina (ANA)

400m Women Round 1 Heat 4/4 - Winner 52.01 EU20L Q

This is fantastic! I have never been in such a big stadium with such a crowd. I think I executed well. I live in Siberia, but I have relatives in Germany. My aims? There are so many fast people, I do not think about the final or medals. But I hope to be in the final.

08/08/2018 12:06

INGEBRIGTSEN Henrik (NOR)

1500m Men Round 1 Heat 1/3 - Third 3:49.54 Q

It's going to be a very interesting final for sure. If anyone wants to join the Ingebrigtsen party, please do so. I'm confident my brothers will do what it takes to reach the final, I believe in them. I am a championships runner so I am quite confident.

08/08/2018 12:13

O'HARE Chris (GBR)

1500m Men Round 1 Heat 1/3 - Winner 3:49.06 Q

I expected the race like this - very tactical and fast in the end. I managed to follow my plan and the most important thing was to avoid the contact. There was not too much pushing just a bit pressure at the home straight. The final - I do not think that far. We will think about it with my coach tonight and tomorrow.

08/08/2018 12:16

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TESFAYE Homiyu (GER)

1500m Men Round 1 Heat 1/3 - Second 3:49.28 Q

The race was very hard, it was not easy, it was so hot. But it was enough to be in the final. Now I can rest for two days. The pace was quite slow, normally I would pace it much faster. But I have been training a lot for 5K and 10K, so my coach and me changed tactics. I am still strong on the final lap and on the home straight. The Ingebritsen brothers are very strong. But in a final anything can happen plus we Germans have 50.000 spectators behind us who cheer for us and support us.

08/08/2018 12:21

INGEBRIGTSEN Henrik (NOR)

1500m Men Round 1 Heat 1/3 - Third 3:49.54 Q

It wasn't a good feeling to fall down, but I felt strong again when I got up on my feet and started catching up with the other guys. Don't think we can write anyone off in this race, there are many strong 1500m runners in Europe. Hopefully, we will see all four Norwegians in the final.

08/08/2018 12:36

LEWANDOWSKI Marcin (POL)

1500m Men Round 1 Heat 2/3 - Winner 3:40.74 Q

In the past, I had some issues in getting past the heats, I often find it difficult to get through to the next round, so I'm very happy today I was able to do it. I felt I was controlling the race from the start, even when the other guys started pushing me, I managed to stay strong and focused and get the win. I was hoping to have combined both the 800m and 1500m, but, sadly, this hasn't been possible here in Berlin. I will continue to focus in this distance, and, hopefully, I will be running the 1500m at the Tokyo Olympics in 2020.

08/08/2018 12:38

BENITZ Timo (GER)

1500m Men Round 1 Heat 2/3 - Fourth 3:41.01 q

I fought so hard, I could overtake two runners just in front of the finish line and I was hoping to be the lucky loser. I am so relieved to qualify. When athletes fell in front of me, I lost 5-6 metres in the overtaking. This is hard and it hurts and you lose a lot of your speed. This heat is so intense. I believe as a spectator you cannot image this intensity. But every athlete has to cope with this heat. Now I will have an abundant belated breakfast, spend time with my girlfriend and my parents and drink a lot.

08/08/2018 12:42

INGEBRIGTSEN Filip (NOR)

1500m Men Round 1 Heat 2/3 - Third 3:40.88 Q

It wasn't a good feeling to fall down, but I felt strong again when I got up on my feet and started catching up with the other guys. Don't think we can write anyone off in this race, there are many strong 1500m runners in Europe. Hopefully, we will see all four Norwegians in the final.

08/08/2018 12:55

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ABELE Arthur (GER)

Pole Vault Men Group A Decathlon - Seventh 4.60

Until the seventh event everything went fine. But this eighth event, the pole vault was not like I had expected it. I did not know this pole vault run-up before, it seemed to go up and down. My marks did not fit and every run-up was different. I am really strong in the javelin and in the 1500 also, but the other guys also want to rock it. As for the javelin, I am really looking forward to it, it will be goose bumps feeling again and the support of the crowd will let the javelin fly far.

08/08/2018 13:27

WIGHTMAN Jake (GBR)

1500m Men Round 1 Heat 3/3 - Winner 3:40.73 Q

I watched the race before and I expected it very tactical. I am relieved I managed to get to the final. Everybody is now thinking about the tactics to beat the Ingebrigtsen brothers but I would say they will go individually for a medal and not cooperate too much. But nobody knows. I am ready for any race - fast or tactical.

08/08/2018 12:43

INGEBRIGTSEN Jakob (NOR)

1500m Men Round 1 Heat 3/3 - Second 3:40.81 Q

Of course, I am happy we all qualified. I think for us it would be really sad if we would not be there. Today, it was about going there and keep in contact with the group, to keep the pace, and I did what I came for. Initially, we were thinking about the tactics together. But Filip will go for himself so we decided we will all do. Filip is the strongest but there are also the other names who are strong. We are travelling together basically whole year so I'm happy to get a single room.

08/08/2018 12:46

HOFMANN Andreas (GER)

Javelin Throw Men Qualifying Rounds Group A - Second 82.36 Q

Precision work? Well, the qualification was set at 82 metres and this was today's aim. At former competitions, the first attempt has always been right. And it does not matter how much over 82 metres you throw, you are in the final. We are three strong German javelin throwers, before the competition we pat on our backs and wish each other good luck. But when the event starts, we are competitors. Tomorrow evening the stadium will be even fuller, and the people will quicken us and their support will be a tail wind for us. We want to show them what we are capable of. About meeting expectations of the public? Well, I am fading that out. In a qualification and in a final anything can happen. I look at all that quite relaxed. I just do my own thing.

08/08/2018 13:32

KRUKOWSKI Marcin (POL)

Javelin Throw Men Qualifying Rounds Group A - Winner 84.35 SB Q

I feel in a very good shape since two weeks. I got some rest and recovery before this competition. It is all about technique. I hate this weather and this heat. I do not feel well. At the final, in the evening, it will be less hot. In the final I will do my best and try to fight for a medal, but it will be difficult because 88 or more metres will be needed. The other guys are just so strong. I will need to achieve a new SB, maybe a new PB.

08/08/2018 13:40

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KIRT Magnus (EST)

Javelin Throw Men Qualifying Rounds Group B - Third 83.15 Q

It was a really good and fast qualification, very much in line with I was throwing during the warm-up. The heat is definitely affecting the competition, so we have to be smart, and try to save as much energy as possible. For the final, I am going to try and be very competitive. Hopefully, I will have had the chance of getting use to this heat by then.

08/08/2018 14:40

VETTER Johannes (GER)

Javelin Throw Men Qualifying Rounds Group B - Winner 87.39 Q

It is important that already at the first attempt things work. The conditions were very tough, in the sun, it is hot and the tartan is getting warm and soft. I felt a little pain during the qualification at my right ankle but at this high level of professional sport there can be pains and aches. The heat is stressful for the body, but tomorrow evening there will be shadow and it will be less warm. Everything went like we had planned it. All three German athletes will be in the final. Now I am looking forward to my icebath. After today's 87 metres I want to show even more tomorrow. This stadium is phat and there is an amazing atmosphere. I competed at Istaf twice and so far I always won in Berlin.

08/08/2018 15:02

VADLEJCH Jakub (CZE)

Javelin Throw Men Qualifying Rounds Group B - Sixth 80.28 q

When I was entering the competition, I had no idea about my running because I have not been throwing properly for a month. I thought that I am not able to run that fast because of that but then I was surprised. I do not know what to think about it. The first throw was very long, maybe 84 metres, but I did not manage to stay behind the line. Then, I started to feel the groin and I got a bit scared. I believe that in the final it can be different if I start with a nice first throw. It will be even better atmosphere and in the evening, the weather will also be a bit cooler.

08/08/2018 15:04

RÖHLER Thomas (GER)

Javelin Throw Men Qualifying Rounds Group B - Second 85.47 Q

My first attempt was technically good, but then I slid 35 centimetres as the rubber got warm and soft. That's what happen when tartan gets hot. The second attempt was too careful. The third attempt was solid. The atmosphere at this qualification was unusually positiv, we had a good momentum there. So what will it even be like on Thursday? I guess, something like in Zurich. Togetherness? We are a sportsteam of individualists who all want to win the competition. To win the final, one will need a throw that is technically really good. The wind changes a lot in this stadium and it will also depend on the shape of the day. I am looking forward to a great experience with the audience.

08/08/2018 15:09

LASITSKENE Mariya (ANA)

High Jump Women Qualifying Rounds Group B - Winner 1.90 q

I was surprised that the qualification went so fast. But everything went well for me and I just focused on my jumps. The European title is not my main target. If I jump well, I would be satisfied with myself. I do not want to predict the height but I feel ready to jump high. Everything is possible in the final.

08/08/2018 19:36

Flash Quotes As of 9 AUG 2018

HRUBÁ Michaela (CZE)

High Jump Women Qualifying Rounds Group B - Sixth 1.86 q

I felt good but when we started to jump 1.90, I knew it was the key height and I started to feel nervous. It was not me anymore and I started to make the same mistakes like in the past, almost forgot my technique. I am surprised that 1.86 was enough to get to the final. I think it has never happened before, all the girls did not jump very well today. My goal is the personal maximum in the final and who knows, maybe even a medal.

08/08/2018 19:38

TROST Alessia (ITA)

High Jump Women Qualifying Rounds Group A - Fourth 1.90 q

I am realistic, I will be happy if I manage to jump 1.95 in Berlin. Since 2016, when I changed my coach, I changed everything on my jumps. Now, I need to find my new jumping at the competitions and to settle down the technique. The track here is very bouncy and it can help you to jump very high. But you need to stay calm and not push it too much.

08/08/2018 19:42

JUNGFLEISCH Marie-Laurence (GER)

High Jump Women Qualifying Rounds Group B - Winner 1.90 q

I am especially nervous to compete here in Berlin because all my family is watching in the stadium. I hope that finally I might win a medal at major championships. In this qualification there were some quite really good jumps.

08/08/2018 19:43

ONNEN Imke (GER)

High Jump Women Qualifying Rounds Group A - Second 1.90 q

My main goal had been to make it to this qualification and do this championships qualification. And now I even made it to the final. I tried to give 100%. I believe that now even more is possible.

08/08/2018 19:45

DOYLE Eilidh (GBR)

400m Hurdles Women Semi-Final 1/3 - Winner 55.16 Q

I'm getting there, one more race to go. At this stage in the season, I would have liked to have run the heats too. It's hard to judge this new format, because I don't think it's really an advantage for us, and I think everyone should do 3 races. On the other hand, it feels like a disadvantage for the other girls, because they have to do an extra run. My advice to young girls would be to take up exercise as a lifestyle, not necessarily to become athletes. Sports is the most sociable thing you can do, and your friends can join too. It's not all about being on your own at the gym. Exercise will make you feel better and much healthier too, especially when you start from a young age.

08/08/2018 19:17

SPRUNGER Léa (SUI)

400m Hurdles Women Semi-Final 2/3 - Winner 55.04 Q

I'm very happy to have started the competition, as there's always a long wait. It wasn't perfect, it was a bit slow to start, but, in the end I qualified, and that's all that matters. On top of that, my family is here: my mum, my dad, my boyfriend, they always follow me around, so I'm hoping I can bring them something.

08/08/2018 19:33

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RYZHKOVA Anna (UKR)

400m Hurdles Women Semi-Final 3/3 - Winner 54.82 SB Q

This result was a bit unexpected for me because it really felt so easy. We had the perfect conditions, no wind, the temperature was also good. When I was leaving the hotel coming to stadium, it was very hot but when I got here, it was a bit rainy and the conditions were much better. This is the season when I come back from my leg injury. I had to skip last two years and just returned to compete indoors finishing eighth in Birmingham. But it goes well so far and I am hoping for a good result in the final. I get many messages from my family and fans every day so I want to please them.

08/08/2018 19:32

HUDSON-SMITH Matthew (GBR)

400m Men Semi-Final 1/3 - Winner 44.76 Q

I am so pumped up because of my coach. I feel confident and ready. When you are ready, you are ready. I have a fire in my body because I want to win this title. The atmosphere here is amazing.

08/08/2018 19:41

DOS SANTOS Ricardo (POR)

400m Men Semi-Final 1/3 - Third 45.14 NR q

Big thank you to my coach, who believed in me, and made me believe I could go fast in this event. He is more nervous than I was. I surprised myself so much, with two NR in a row. It was really not exciting having to wait until the last semi-final to know whether I qualified or not. Those were the longest 20 minutes in my life. These are my second Europeans and this year I achieved to National Records in a row. In 2016 I was in the semi-final and missed the final spot for the final. That motivated me a lot this time. I can rest today and tomorrow. Also, a big thank you to everyone back home. Yesterday, the messages of support kept coming through, saying tonight I'd run even faster, but I wasn't so sure about that. All the other guys are here also want to run faster, and qualify for the next round, but I gave my best shot, and it paid off.

08/08/2018 20:05

ZALEWSKI Karol (POL)

400m Men Semi-Final 2/3 - Winner 45.11 PB Q

I think I really did a good job running this semi-final. I managed to improve my PB and made it to the final, that was the most important thing. I also had great splits at 200 and 300m so it is a good sign for me. I am a sprinter so for me it will be the most important to push the first 300 metres and then to carry on. I chose 400 because it is much easier I think. The competition and less opponents than in sprints, and I like it. But it is going to be hard.

08/08/2018 20:04

HEINLE Fabian (GER)

Long Jump Men Final - Silver 8.13 SB

I am so over the moon. The audience made me a silver medal winner. The audience helped me to jump 8.13m twice. I did not jump my third attempt because I was so done, it was so hot. Coming out strong in the second attempt with 8.13m, I could not plan this. It was not a perfect jump, but for today's conditions it was really a perfect jump. There are many friends of mine in Berlin and my family, let's see, what tonight will bring for us.

08/08/2018 22:05

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TENTÓGLOU Miltiádīs (GRE)

Long Jump Men Final - Gold 8.25 SB

First of all, I want to say a big thank you to family, and my coach, I couldn't have done it without them. Despite the slow start earlier in the evening, I'm really happy with my result tonight. I was jumping a lot further during qualification, but, for some reason this evening, it took me some time to get going and be in the competition with the other guys. Then, I jumped 8.25m, and that was enough to win, so I'm very happy.

08/08/2018 22:21

NYKYFOROV Serhii (UKR)

Long Jump Men Final - Bronze 8.13

The people who know me, they know I am really very happy now. But they also know that I was prepared even for much more and I wanted to show it. My second medal from the European championships, second bronze... I was thinking about becoming the European champion in Berlin and I tried hard but it just did not work out today. I got tired from the heat and missed the power in the end. I have to say thank you to all the fans who were pushing us to our limits today.

08/08/2018 22:26

BORLÉE Kevin (BEL)

400m Men Semi-Final 3/3 - Third 45.07 SB q

It feels very good to make it to the final. It is amazing. We would have liked to have our third brother in the final, too, but it did not work.

08/08/2018 20:02

WARHOLM Karsten (NOR)

400m Men Semi-Final 3/3 - Winner 44.91 SB Q

It feels so great to win this heat. It is good to have the self-confidence but I need to stay focused for both - the hurdles and also the flat 400. Hurdles is like a bonus for me.

08/08/2018 20:02

ROONEY Martyn (GBR)

400m Men Semi-Final 3/3 - Sixth 45.73 SB

It was not meant to be. Why? These are things I have to discuss with my coach. So now, I am looking forward to the 4x400m relay. Our relay races good, we need to win it.

08/08/2018 20:04

PRYSHCHEPA Nataliya (UKR)

800m Women Semi-Final 1/2 - Winner 2:02.71 Q

It was a good race for me and I did what I was supposed to do. I have already competed with all these girls but I was ready to watch Sharp because I thought she would go very fast especially in the home straight. So my only tactics was to keep with the group and watch Lynsey. Everyday, it is a new competition so we will see how I feel in the final but I hope it will be the same as today. It felt so easy coming to the finish.

08/08/2018 20:09

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LAMOTE Renelle (FRA)

800m Women Semi-Final 2/2 - Winner 1:59.44 Q

I am in a great shape and I feel great. I would lie if I told you that I do not think about a medal, about the gold medal. I ran in front and it was comfortable and pleasant, it felt like in training, no stress. But my coach will not allow me to run in front in the final for sure. It has been a while that I ran at such a level, I mean at European level.

08/08/2018 20:16

GUBA Paulina (POL)

Shot Put Women Final - Gold 19.33

I am shocked. I am sorry if I made the local fans upset but I surprised even myself. I just wanted to win and it is my first medal from a big competition. I am the European champion... I cannot believe it. Coming to Berlin, I had a dream to fight for a medal and a little hope that I can make it. I believe I made all my family and friends in Poland happy especially because nobody expected it. I have no special plans now. We will see what comes.

08/08/2018 21:50

SCHWANITZ Christina (GER)

Shot Put Women Final - Silver 19.19

I am so happy that I was able to come back so strong after giving birth to my twins 13 months ago. But honestly I was expecting a different medal. The audience is incredible. I am not over the moon, but I am also not aggrieved. Now I am second best in Europe. But my performance is "sub-ground", is not satisfactory. The competition in Nuremberg, at the national championships was totally different because I did not have any strong opponents. Today the atmosphere impressed me totally, in a way that I had goose bumps all the time. It was a beautiful competition if you do not look at the result. I am also happy about my decision to have a come back into professional sports after giving birth. Sometimes, my sports life and my life as a mother might not be completely balanced. Now that Robert Harting will end his career, German athletics really misses somebody who spoke, who dared to speak. And he could speak, also because he performed so well. This is a pity.

08/08/2018 21:51

DUBITSKAYA Aliona (BLR)

Shot Put Women Final - Bronze 18.81

In fact, I can be satisfied. I have a medal and that was my target. It is my first European medal so it counts. But I was coming to Berlin to fight for gold. I definitely wanted to throw further because I felt ready to show it. I was at this stadium already in 2014 and I liked it very much. The atmosphere was just amazing and the conditions were also good. But there is no time to celebrate. I still have a lot of work in front of me.

08/08/2018 21:54

STÅHL Daniel (SWE)

Discus Throw Men Final - Silver 68.23

It was a beautiful competition and I got silver so I am proud of myself. It was all about the mental strength and staying focused in all my attempts. I am really happy for the medal but the next year, it will be the world championships and I want to be ready for the fight.

Germans are great fans and they can make a real noise. It was very special thanks to the people and the stadium.

08/08/2018 21:57

Flash Quotes As of 9 AUG 2018

HARTING Robert (GER)

Discus Throw Men Final - Sixth 64.33

Everything feels no longer light and easy, but just heavy. I tried to give everything. This was a beautiful evening, it could not have been more beautiful. Thank you all for being here. All athletes are heroes temporarily, only for a certain period of time, so am I. This competition did not go well for me. I felt good, but could not show it, I could not put it into the ring. To be honest, I was under some kind of pressure, a pressure I put myself and I did not like that because I could not enjoy the competition and the supportive crowd. Comparing 2009 and 2018? Well, the stadium is the same. But I am not the same. My character has changed totally. I was a nobody then and managed to do one big throw. I will have my last competition here in the Olympic stadium at Istaf on September 2nd. Then I will really realize that my athletics career is over. And then I will think about what is coming after athletics.

08/08/2018 22:04

WEIßHAIDINGER Lukas (AUT)

Discus Throw Men Final - Bronze 65.14

This was a competition of extremes. My emotions went up and down all the time, until the end. I had a good warm-up. But then the ring was not free, not released and we had to wait. I am so happy, I only believed I was a medal winner when somebody gave me the Austrian flag. Image, I placed only eleventh in the qualification, so yesterday I was quite confident, but today I was very unsecure about that. And then I hardly made it to the last three throws. You cannot prepare for something like this. There are 40 Austrian fans and friends of mine in the stadium and we will definitely have a beer together and celebrate this medal.

08/08/2018 22:10

GUDŽIUS Andrius (LTU)

Discus Throw Men Final - Gold 68.46

To be honest, I really expected to do this in these championships but it was hard. I must say I'm really impressed with the German fans. It is evident they really value athletics, and, in particular, the German athletes. I'm always excited to come back here to Berlin and compete. So, a big thank you to everyone in the stadium tonight, without I couldn't have done it, so I always try my best to give something back to them.

08/08/2018 22:34

HORTELANO Bruno (ESP)

200m Men Semi-Final 2/3 - Winner 20.29 Q

This race went really well, and I felt both strong and relaxed all the way through. Unlike the previous days, the weather conditions this evening are great, so I am very grateful for the rainshowers earlier. Right now, I'm going to get some rest, do the same as usual, and concentrate on the final. Tomorrow is another day, and, as you can see, I'm still recovering from a hand injury, so I'm going to have to be careful but give it my all anyway.

08/08/2018 20:43

WILSON Alex (SUI)

200m Men Semi-Final 3/3 - Winner 20.16 Q

That was simply wonderful! I am curious about tomorrow. My lead was so clear and easy - of course. I trained so hard for that. My whole focus was on these championships in Berlin. In tomorrow's final I really want a medal, I want the gold medal. Why not leading clearly? I gave everything for that.

08/08/2018 20:35

Flash Quotes As of 9 AUG 2018

SALPETER Lonah Chemtai (ISR)

10000m Women Final - Winner 31:43.29

I am really happy and very excited. My plan was to win, nothing else. It was a difficult race. I made the move and paced harder because I knew that if I do not do it, they would leave me on the last kilometer. I always watched the Dutch girl behind me on the screen. This medal is an honour for my flag, for my country and for me, for all the hard work I did for it. The people were supporting us a lot like they were saying "keep going", I liked that. I came here mentally prepared.

08/08/2018 21:29

REH Alina (GER)

10000m Women Final - Fourth 32:28.48

I took it step by step during the race. The audience made a really good noise. I am more than satisfied. I still have some year in athletics ahead of myself. And as they say, you grow with your tasks. Running is always a pleasure. The support of the crowd was really great but I also had to pay attention not to lose my own rhythm, not to go too fast because of their energy. It is great to have the championships in my home country. In the call room everybody spoke German and I even heard some dialect from my home region, Swabian.

08/08/2018 21:31

BAHTA Meraf (SWE)

10000m Women Final - Bronze 32:19.34

Despite being disappointed that I didn't have a strong race from the start, I'm still very happy with my result, it's a medal after all. It's been a tough season, with everything that is happening back home, but all I can say is how sorry I am. I won't be able to say much more, and will have to wait for it to be dealt with through the right procedures.

08/08/2018 22:11

KRUMINS Susan (NED)

10000m Women Final - Silver 31:52.55

This race was very hard! I've got cramps all over my legs, felt very ill at the end, but I'm very happy with my medal. I fought really hard, and had to really focus to not to give up. I can't stress enough how difficult this was, but the crowd kept cheering me, so that gave me confidence to carry on. In the last few laps, I wasn't trying to get closer to the girl in the lead, but rather trying to keep a safe distance from the girls behind me. I really didn't want to end up on the internet as the girl who collapsed 5m before the finish line, so I knew I had to keep going and finish the race. I'm very proud of myself, but I couldn't have done it without my coach, and the support of my family.

08/08/2018 22:26

SHKURENYOV Ilya (ANA)

1500m Men Decathlon - 4:31.38 SB

Even though I had some minor issues with my technique, which were the main reason I didn't get a gold medal tonight, I'm really pleased the competition ended really well for me. I think after these championships, I will sit down with my coach, and discuss ways to improve my technique, because physically, I'm feeling very strong, so we know what we have to focus on. The first day was a complete disaster. I was ready for all events but nothing was working well. I could not even sleep so I came here very tired today. People were asking me why am I still smiling. But I just needed to keep myself awake and to support myself this way.

The pole vault was not going well in the warm-up. I got angry and suddenly, I started to jump one after another. The 800m was a tactical thing. I am glad I managed it after all.

08/08/2018 22:15

Flash Quotes As of 9 AUG 2018

ZHUK Vitali (BLR)

1500m Men Decathlon - Seventh 4:30.81

These were two great but challenging days. I think it was the most difficult competition in my life because of the heat and also because of the schedule. In fact, we had the program from 9 to 21 and could not even relax a bit. In night, I could not sleep, maybe just for four hours so I am totally exhausted now. It is just the adrenaline what keeps me awake. In competition, all the throwing events went very well. I think it gave me the self-confidence I needed. Before the 800m, we had a small discussion with Ilya and we decided to cooperate a bit in that run to keep our opponents away from us. One in front and the second far behind so that we had the chance to medal and to control the race. I am glad we managed both to get the medal.

Nowadays, there are three very strong guys in my country who are very good decathletes. I always have to watch out and work hard to stay on the top.

The championships are not over for me yet. My wife will compete in the pole vault so i will find the rest of the energy and will come to support her at the stadium.

08/08/2018 22:30

ABELE Arthur (GER)

1500m Men Decathlon - Eighth 4:30.84

Finally a medal. Most definitely finally. I had so many injuries, the season was not round. In spring , was face was paralysed and problems with my Achilles tendon. Until March it was not sure whether I could have an athletics season or not. Big thanks to the masses here in the stadium who drove me, who powered me. They gave me the strength to achieve this. This title is the absolute highlight, untangible, unbelievable how it worked. I have never won a big title or medal outdoors, and now I become European champion in front of my home crowd. It was unconceivably hot, two days around 40 degrees. The physios were great, all the people behind the scenes, they worked hard for us: cool boxes, ice vests. Thank you very much to all those people and to my family, also my little 2-year-old son, who gave me strength and power. I am still hungry, I am thinking about next year and also about Tokyo in 2020. I got 32 last week but I still want to show what I am capable of.

08/08/2018 22:39