

**Flash Quotes** As of 9 AUG 2018

**OSAKUE Daisy (ITA)**

**Discus Throw Women Qualifying Rounds Group A - Third 58.73 Q**

It feels great to have qualified with the big Q so early. I really didn't expect it, especially at my first European Championships. I'm truly overwhelmed with this result. Also, it is wonderful to have the support from my family, coach and team mates here in the stadium. I love my country, I love our Italian blue, so I'm doing this for them too.

09/08/2018 09:57

**CRAFT Shanice (GER)**

**Discus Throw Women Qualifying Rounds Group A - Winner 61.13 Q**

It as fun. The stadium is starting to fill. I am looking forward to the final. The qualification mark was set at 58.50m, so one can achieve that. Knowing this, I was quite relaxed. But when all those people were clapping I started to get goose bumps. Having the championships at home means to have a home crowd, wearing our national dress in front of them and this will hopefully help us to perform extraordinarily. I will try to stay calm and relaxed until Saturday watching the championships on TV at the hotel. If Claudine wants some advice, I am ready to share my experience (smiles).

09/08/2018 10:13

**VITA Claudine (GER)**

**Discus Throw Women Qualifying Rounds Group A - Second 59.18 Q**

I was much more nervous today than at other competitions, this is really another number, another size. I believe my attempt looked cooler and more relaxed than it was. I was really nervous. I am happy to qualify with the first attempt. I cannot image yet how the atmosphere will be on Saturday. I want to concentrate on myself and fade out everything around myself, but at the same time I want to enjoy it. I want to compete well and then we will have to see what the result will be. I am most delighted to have my family and friends here in the stadium on Saturday because my family is from Berlin.

09/08/2018 10:17

**THIAM Nafissatou (BEL)**

**100m Hurdles Women Heat 4/4 Heptathlon - Eighth 13.69**

I had expected to run a little bit faster. But it is still a decent time. We will see tomorrow about the medals.

09/08/2018 10:29

**SCHÄFER Carolin (GER)**

**100m Hurdles Women Heat 4/4 Heptathlon - Third 13.33**

I am satisfied, yet the time could have been a bit faster. The atmosphere is unbelievable and we enjoy it so much.

09/08/2018 10:33

Flash Quotes As of 9 AUG 2018

### MIHAMBO Malaika (GER)

#### Long Jump Women Qualifying Rounds Group B - Winner 6.71 Q

It is quite hot and I tried to stay as long in the shade as possible. I will spend the time until the final warming down, ice bath and physio and tomorrow also regeneration, TV and distraction, kick back. In this qualification I concentrated well and entered it relaxed and cool. And qualifying was easy with this super support from the crowd. Having such an atmosphere is really special and very rare at a qualification. I will try to give my best also this year and that might also mean that I achieve a new PB, to outgrow myself. In the audience there are quite some people who keep their fingers crossed for me, also my mother.

09/08/2018 11:17

### VEIGA Evelise (POR)

#### Long Jump Women Qualifying Rounds Group B - Seventh 6.61 =NU23R q

I'm very happy to have qualified for the final. It's not easy to come out here and having to adjust the track, the crowd, and weather conditions just like that. Having only 3 attempts to get it right, it's a real challenge, so I'm really pleased with this result. Recently, we're seeing more Portuguese athletes doing so well in these so called technical events, and that is due to the increased support, and amazing coaches we have. Also, having Nelson Evora, Patricia Mamona and Susana Costa, just to name a few, as a reference, it really motivates me to do well and keep working hard everyday.

09/08/2018 11:23

### ŠPANOVIĆ Ivana (SRB)

#### Long Jump Women Qualifying Rounds Group A - Winner 6.84 Q

I've just came back from a training camp in the Maldives where I was felt extremely welcome and supported throughout, so I'm very satisfied with my fitness level at this time in the Championships.. I usually go there on holiday, and, in one of my last trips, I was invited to go back and do a trial run for future training camps that might be happening there. Over the last few days, the weather conditions have been very similar to some tropical areas, so I'm not too bothered about this Summer weather here in Berlin. I'm used to very hot temperatures in Serbia anyway. As for the crowd, it is evident they are very supportive, both here in the stadium, and back home, but I'm one of those athletes who tries to be focused on my routine as much as possible. The German athletes could have an advantage of having their home crowd cheering for them, but only if they know how to use that advantage to stay focused throughout the competition.

09/08/2018 11:28

### PROCTOR Shara (GBR)

#### Long Jump Women Qualifying Rounds Group A - Second 6.75 Q

I had some problems with my approach so I just needed to wake up and make it safe to the final. I woke up at 6AM what is definitely too early for me as I am a night owl. But I feel confident now and I am sure all these girls are ready to fight for the top three. Who know about the distance... It will be a big fight.

09/08/2018 11:39

Flash Quotes As of 9 AUG 2018

## MIRONCHYK-IVANOVA Nastassia (BLR)

### Long Jump Women Qualifying Rounds Group B - Third 6.68 Q

I love the heat so the conditions were great for me today. We are professional athletes and we have to deal with these qualifications to show the best performance. I think, 6.95 will be enough to get a medal and that is my target. I will do everything to get it.

We were watching the decathlon last night and my team mate Zhuk made us very proud. It was very important for our team and it also gave me a motivation. But my biggest support and motivation comes from my 4-years-old son Gleb who is watching at home.

09/08/2018 11:41

## DAL MOLIN Paolo (ITA)

### 110m Hurdles Men Round 1 Heat 1/2 - Winner 13.40 PB Q

This result feels great after working so hard over the last couple of years. I had a serious injury, and had to go under surgery, so that kept me off the track for almost 4 months before I could even think of doing some proper training again. I really had to prove myself again, and today I did that. Also, there are 3 of us in the Italian team, which is another factor to keep working hard to be the best I can. Running with these guys is a strong motivation, especially after what I've been through. In the last two weeks, I had to reduce my training regime to make sure I wouldn't injure myself again, so I'm very happy to be here and competing at this level.

09/08/2018 10:59

## MÜLLER Nadine (GER)

### Discus Throw Women Qualifying Rounds Group B - Second 60.64 Q

I did not want to put too much energy into this qualification given those temperatures. It is great to have three Germans in the final, but of course I first look at myself in a qualification and at my competition.

I am really fit at the very right moment. The gold medal is clearly Perkovic's but Shanice, Claudine and me are clearly going for silver and bronze. We want to rock the Olympic stadium on Saturday. I still remember competing here in 2009, I have a video from that competition then on my mobile phone to motivate myself.

09/08/2018 11:25

## PERKOVIĆ Sandra (CRO)

### Discus Throw Women Qualifying Rounds Group B - Winner 64.54 Q

I do not want to think about making a history and winning another title. It is always nice to qualify with the first throw and I think it is going to be a nice competition so I am inviting all the fans to come and support or watch us in the TV.

I do not like these qualifications too much because the qualification standard is low below my standard and I do not want to look like it is like nothing. It always looks easy in the television.

I really enjoy the time in Germany, wearing the national colours - it is always nice.

09/08/2018 11:34

## BALNUWEIT Erik (GER)

### 110m Hurdles Men Round 1 Heat 2/2 - Winner 13.55 Q

Very satisfied. It is fun to win a heat here in Berlin in front of this audience. In the semi-final I will try to "market" myself as good as possible and with some luck I might sneak/finagle into the final. My race was technically quite good. I did not try to do something special. I am in a good shape, I am fast, but as the distances between the hurdles stay the same, the aim was not to give everything. I hope for a good lane having won this heat and hopefully also a new PB.

09/08/2018 11:26

**Flash Quotes** As of 9 AUG 2018

**SCHÄFER Carolin (GER)**

**High Jump Women Group A Heptathlon - Sixth 1.79**

The competition is sound and solid so far. Everything within the framework. Now I will try to show more performances similar to what I have already shown in 2018, I want to gain on points, to put some points right. We had a great reception by the crowd here, plus my family in the stadium, all this pushes us. The weather conditions are similar to Goetzis last year, everybody has to cope with that.

09/08/2018 12:47

**ORDÓÑEZ Saul (ESP)**

**800m Men Round 1 Heat 1/4 - Winner 1:47.95 Q**

This is was a tough race, it's never easy when there's a group of us finishing at the same time, so I'm pleased I came out on top in the heat. At some point, I really had to fight to stay in control, but I was feeling strong, and I knew I could make it happen. Having the chance to watch the other heats also enables me to check my direct competitors ahead of the next round. Also, some of my team mates were competing in these heats, so it is important to support them, because we came here as individual athletes but also as a team.

09/08/2018 11:49

**BORKOWSKI Mateusz (POL)**

**800m Men Round 1 Heat 2/4 - Winner 1:46.41 Q**

I'm very happy with my qualification for the next round, but equally surprised. I knew I could do it, but should never take it for granted. I have a very good feeling about the next round, so let's see what happens.

09/08/2018 11:47

**KRAMER Andreas (SWE)**

**800m Men Round 1 Heat 3/4 - Winner 1:47.87 Q**

I like to come to the front and felt comfortable this morning, I ran my own race and controlled it. I think I am in the best shape ever and we prepared especially towards these championships. I do not want to give too much respect to these guys because I know how good I am now and I have the confidence I can fight with them for the top positions. But of course, I will watch Adam Kszczot and Bosse as they are the champions.

09/08/2018 11:59

**KSZCZOT Adam (POL)**

**800m Men Round 1 Heat 4/4 - Winner 1:46.31 Q**

I ran here in 2009 and for the Istaf meeting, so I know this stadium very well. I love to be here. After my gold medal in Amsterdam I hope for a gold medal here, too. In this qualification the focus was to safe energy. I managed two even laps, that is awesome. I did not push too much. All my tactique today was to controll the race.

09/08/2018 12:08

Flash Quotes As of 9 AUG 2018

## HUSSONG Christin (GER)

### Javelin Throw Women Qualifying Rounds Group A - Winner 67.29 PB Q

Already when the javelin left my hand I knew it would fly far, it felt like a far one. But I really did not think it would be that far, that I would improve my PB like this. In the final I want to do even better than that. Having so many javelin fans at 12.30pm is wonderful, that is an incredible support.

67 metres - I still cannot believe it. I wanted to qualify in my first attempt because there were competitions where I did not qualify at all and missed the final. I knew that I am in great shape. And yet this throw was not perfect, some minor things were not ideal. So, the perfect throw can still come in the final. There will be 5, 6 athletes fighting for the medals, the Czech Ogrodnikova is also to watch.

09/08/2018 12:53

## OGRODNIKOVA Nikola (CZE)

### Javelin Throw Women Qualifying Rounds Group A - Third 61.27 Q

The qualification was the fight with myself, the final will be the fight against the opponents. My first final, first time I will compete in two days. Who knows how it will go and how will I feel... I came here to fight for the medals and if I manage to throw over 65m, it would be easier.

I started to be a bit nervous last night and could not sleep properly. But then, I woke up with good mood and it stayed until the first attempt. Suddenly, I started to feel very tense and made mistake in my run-up. I did two steps less than normal so in the second, I was just focused to do the proper run.

I was not surprised by the result of Hussong as she was throwing well the whole season, just fighting with the technique. I knew when she finds the technical throw, it can be over 67. But there are also other strong girls like Ratej or Khaladovich.

09/08/2018 13:07

## KHALADOVICH Tatsiana (BLR)

### Javelin Throw Women Qualifying Rounds Group B - Second 61.21 Q

It was difficult qualification with the extreme conditions in this heat. I am curious how it is going to be tomorrow. This is the peak of the season for me together with the Diamond league. The level of athletes is so high that it is hard to say who will win. The final will be on the level of the world championships. Every medal counts to my team. There are 38 athletes coming from my country to Berlin and it is a very strong team. So I will try to add some medal too.

09/08/2018 14:18

## RATEJ Martina (SLO)

### Javelin Throw Women Qualifying Rounds Group B - Winner 61.69 Q

This was a really tough competition, mainly due to the adverse weather conditions. Not so much the wind, but the heat is unbearable. On top of that, I really didn't feel well when I arrived for the warm-up, something wasn't feeling right. It was hard to feel my usual self in these conditions, but, in the end, I qualified. On the other hand, now I need to focus on getting a medal. At this stage in my career, that's all that matters. I have been close to getting a medal in the past, but never managed to get one.

09/08/2018 14:22

Flash Quotes As of 9 AUG 2018

## MOLITOR Katharina (GER)

### Javelin Throw Women Qualifying Rounds Group B - Seventh 58.00

This is a big deception. The whole season was not like I had expected it to be. The training camp was good, so I really thought that I would manage to qualify for the final. The warm-up was ok, but when I came into the stadium, there was a lot nervousness and my legs felt like rubber. With the second and third attempt it got better, but I was expecting 60 metres of myself. Changing things during a competition is difficult, also because your need to go flat out. Now I have to digest this. I am not sure whether I will do any meeting this year. And next year you will not see me again.

09/08/2018 14:23

## BRADSHAW Holly (GBR)

### Pole Vault Women Final - Bronze 4.75

This bronze medal feels amazing, it is my first adult medal. I am so happy. I knew it was going to be a pretty good field today. This medal gives me so much confidence, also for the World championships next year. My mum and dad are here, it felt so good to have them here and to see them.

09/08/2018 21:51

## STEFANÍDI Ekateríni (GRE)

### Pole Vault Women Final - Gold 4.85 CR

I came here with a completely different mentality, as I had never to defend a title before, so it was very stressful. Especially, when there are so many girls in good shape, and look what happened to Angelica. That wasn't expected at all, so I'm very happy to be here and to have achieved another title. This was the goal for this season, so I hope I can defend more titles in the future, starting with the World Indoors next year. Living and working with my coach, who is also my husband, has never been a problem, and I hope it will never become one. We've been together in this coach-couple situation since 2015, and, I feel it's a great advantage to work with someone that can read me so well. Sometimes, he just needs to look at me to know exactly how I'm feeling about a particular aspect of my training. When we get in the car after practice, we usually agree we do not speak about Pole Vault, after training is over, and, if I mention it at home, he usually says, 'No more Pole Vault today!'

09/08/2018 22:03

## KIRIAKOPOÚLOU Nikoléta (GRE)

### Pole Vault Women Final - Silver 4.80 SB

The competition was very tough but I liked it so much. This is my comeback after I gave birth to my little daughter Elena who is 14 months now. I hope she was watching me in the TV saying: Wow. She likes that so much. I was thinking about her all the time.

These medals are very important for my country. Maybe you heard about it - there was a big fire a couple of days ago and many people died. I hope that this will bring to our people at least a bit of joy and better feeling.

09/08/2018 22:25

## PRZYBYLKO Mateusz (GER)

### High Jump Men Qualifying Rounds Group A - Winner 2.25 q

In front of such an audience you can really jump high. We will rock the stadium and have a cool show. I try to remember the feeling I had when I cleared 2,31 at the National championships. At the warm-up I cleared 2,21m, so I am really optimistic that I might achieve 2,31m or even 2,35m in the final.

09/08/2018 21:03

**Flash Quotes** As of 9 AUG 2018

**TAMBERI Gianmarco (ITA)**

**High Jump Men Qualifying Rounds Group A - Third 2.25 q**

It is always hard for me to jump at the qualification. My mind is already in the final so it is very hard to stay focused. I have this problem from my first European championships, I think in 2012. I do not know why. The final will be a different competition for me and everything is open. I feel OK, no pain, no injury. I want to enjoy it.

09/08/2018 21:14

**BEDNAREK Sylwester (POL)**

**High Jump Men Qualifying Rounds Group A - Fourth 2.25 q**

I am fighting with myself all this season. My legs are so heavy but my trainings are going even better than before. It is a mental thing and we are working on it also with some specialist. But how can they help you if your legs in the competition are like an iron? I am trying everything and want to give everything in it in the final. Today, at 2.25, the jump was as it should be - enough to qualify.

09/08/2018 21:17

**PROTSENKO Andrii (UKR)**

**High Jump Men Qualifying Rounds Group B - Second 2.25 q**

The qualification was difficult as the whole season. The weather, the conditions, many injuries ahead of me... We will see how it is in the final.

09/08/2018 21:21

**NIELSEN Laviai (GBR)**

**400m Women Semi-Final 1/3 - Winner 51.21 PB Q**

I could still feel the PB from yesterday in my legs, but I knew I was able to run faster. I knew it was going to be difficult to run in these conditions, and in lane 8. On the other hand, I was able to concentrate and do my own race. Having trained in Dubai and Portugal really helped with getting used to these temperatures. On top of that, both locations have everything we need, including a calm and quiet environment, which is perfect to put your head down, and get your training done without distractions. I'm not entirely sure whether I will run in the relays or not because of both finals being so closed together. If I'm still fit by then, who knows!?

09/08/2018 20:07

**BAUMGART-WITAN Iga (POL)**

**400m Women Semi-Final 2/3 - Winner 51.35 PB Q**

We have a very good team here in Berlin and I am really glad we managed it to the final. Who knows, maybe we can think of the podium. But the 4x400 relay is even more important to us. We especially prepared for this. We are all good friends and we train in Bydgoszcz.

Germany is very close to Poland so there are many Polish fans in the crowd. Also my mum and dad is here supporting me. But my mother is also my coach.

09/08/2018 20:39

Flash Quotes As of 9 AUG 2018

**SWIETY-ERSETIC Justyna (POL)**

**400m Women Semi-Final 3/3 - Winner 51.23 Q**

It is a great stadion with many enthusiastic fans. It was really a great experience to run here. It is very special to me because my father is here too and my husband and the rest of the family are coming for the final. So I am looking forward to it. On the other hand, I am a bit scared because we have the relay only short after the final. And it is also very important to us.

09/08/2018 20:43

**BARR Thomas (IRL)**

**400m Hurdles Men Final - Bronze 48.31 SB**

This is a dream come true. My first international medal, so precious to me. I had to wait for it since 2014. In Zurich, I messed it up and did not make it to the final. In 2016, I was injured and also did not make it, so finally, I got there. Now it is the time to keep on top every year.

It was not a perfect race, I know I can do much better. But today, it was perfect for me. I knew I cannot think about the first or second but the third was open. The crucial was the eighth hurdle. I saw the Frenchman and I knew if I catch him, I can go for bronze. I cannot believe it. In the finish, I was celebrating for all the Irish fans who are so enthusiastic. The first person to hug was my coach and my mum. She is here also with my girlfriend and my sister. They all came here to support me.

09/08/2018 20:32

**WARHOLM Karsten (NOR)**

**400m Hurdles Men Final - Gold 47.64 EU23R**

This was fantastic! After my World title I am European champion now! It sounds like where I should be. I love Germany. Thank you for the support. It feels so good, I am so happy. It was a tough race. I had enough to give on the last 100m. I am so pleased that it went my way. This was my main race. I will take one day off and see what tomorrow will bring.

09/08/2018 20:48

**COPELLO Yasmani (TUR)**

**400m Hurdles Men Final - Silver 47.81 NR**

Really don't know what happened, but fell really ill straight after the race. I honestly thought I was going to die. I gave it my all on the track this evening, and think all the tension I had in my body just came out once I crossed the finish line. It's not easy to come here and defend your title. Others have tried, and didn't succeed either. Now, that I've recovered a bit, all I can say is that I'm very happy. After all the adversities I had to deal with this last year, I'm really happy, and I knew I had to run at this level so I could get a good result. I've definitely tried my best.

09/08/2018 21:04

**HOFMANN Andreas (GER)**

**Javelin Throw Men Final - Silver 87.60**

Wow! This is phat: Vice European champion!

When the javelin leaves your hand, you feel it. You feel if it is a good one or not. With some of my attempts tonight something in the air was wrong, the javelin went down too early. During the competition I was thinking "Throw further! Do your best! Beat the other guys! I want a medal!" Thomas and me, we are good friends outside the competition (both smile). He gives me very good advice because he is very knowledgeable in javelin technique. He is a very good guy (smiles).

09/08/2018 22:05



Flash Quotes As of 9 AUG 2018

## RÖHLER Thomas (GER)

### Javelin Throw Men Final - Gold 89.47

The warm-up was good and my throws were good, too. Javelin is so popular here in Germany. The atmosphere was amazing, the audience was behind every throw. We have so many strong throwers because all this has been built up, it is a long process to build a javelin team. We share knowledge, we put our heads together, the secret is NOT to have secret. I am super happy. This is javelin-Germany! In javelin throw you need a lot of precision and this precision can disappear quickly. Andreas Hofmann and me did everything that was possible today. This evening put my spirits so high. A European title in the javelin throw mean a lot to me.

Andreas and me, we both enjoyed this night. It is amazing.

09/08/2018 22:19

## KIRT Magnus (EST)

### Javelin Throw Men Final - Bronze 85.96

I am very excited for my first big international medal. We have a strong tradition of javelin throw in my country so I am glad I can continue with it in Berlin.

Before the first throw, I felt a bit pressure so I was a bit surprised about it. Then, i started to think that I still have something to show and wanted to even add more. But I did not find the proper throw and the competition also had many stops and breaks what costs you power.

I really liked this competition with the German fans shouting at us. It was amazing, really big atmosphere and it was cool.

09/08/2018 22:30

## THIAM Nafissatou (BEL)

### 200m Women Heat 3/4 Heptathlon - Fifth 24.81

It's been a pretty difficult first day of competition for me, and I know I can do much better. I was expecting to come out here and do something big, so I'm a little disappointed. I know the 200m isn't my strongest event, but I got a PB in Shot Put, so I 'm happy. Tomorrow it will be all about the Long Jump and Javelin for me.

09/08/2018 21:10

## JOHNSON-THOMPSON Katarina (GBR)

### 200m Women Heat 4/4 Heptathlon - Winner 22.88 CB

Three more events! The atmosphere here is amazing. This is a very good score. It has been a great day for me. Tomorrow, I want to continue to be strong like this, like today. I have been training in France for two years now. It is difficult to be away from home.

09/08/2018 20:58

## SCHÄFER Carolin (GER)

### 200m Women Heat 4/4 Heptathlon - Fifth 23.75

I want to bring everything to a good end tomorrow. We will calculate before the 800m. My goal is a medal. Today's event were not overwhelming, but I am satisfied. I want to achieve a SB.

09/08/2018 21:01

Flash Quotes As of 9 AUG 2018

## WILSON Alex (SUI)

### 200m Men Final - Bronze 20.04 NR

Thank you Berlin! Hopp, Schwyz!

What could I say? I was aiming for second place, it is kind of frustrating. But this is my first medal, so I am happy, also with my NR. I got out late, but I picked up my race. I am excited for the relay. Man, it was so tight, I really did not know I won the bronze medal until I saw it on the screen. The fourth place is only 1/100s away! I do not think that I will celebrate a lot because we have the relays coming up, plus I will also race in Zurich's Diamond League.

09/08/2018 21:07

## MITCHELL-BLAKE Nethaneel (GBR)

### 200m Men Final - Silver 20.04 SB

This silver medal has't sunk in yet, and my ultimate goal was to win, but in the last 30 metres I pushed really hard. When competing against someone like Gulyev, it almost feels like you're running to win second place. Hopefully, this will change in the future. Ultimately, we are judged by the number of medals we get, so I'm trying to keep them coming. When it comes to compete against one of my team mates, I'm fully aware Adam is a very solid and strong guy, and we really push each to the max. I'm hoping to also be competing in the relay, and be part of that quartet who will definitely pursue gold this time.

09/08/2018 21:24

## GULIYEV Ramil (TUR)

### 200m Men Final - Gold 19.76 CR

This is a fast track, great audience, great conditions. I really enjoyed this moment and I have to say big thank you to all fans supporting us. This achievement is very important for the people in my country as athletics is a very important sport. I want to be a positive motivation for all the kids.

I was here in 2009 but it was just my first major event, everything was new for me. Now, it was different.

I cannot say when I started to feel I am winning because you never know who comes from behind. So when I am running, I am just focusing on the race, nothing else. But of course, there is some different feeling inside of you when you are winning.

Our party to celebrate this medal will be the relay competition. We have scheduled the training to get ready for this.

09/08/2018 21:47

## MEKHISSI-BENABBAD Mahiedine (FRA)

### 3000m Steeplechase Men Final - Gold 8:31.66

Thanks to the audience here in Berlin and to everybody who supported me.

I am very, very happy. I achieved something historic. My fifth European title. It was not easy. When you are the leader, when you are the contender. There was a lot of stress, a lot of emotions. I was so tense. Mo Farah is a legend for me. Right now, I do not think about the 5K. Every race is different, it is never easy. Your legs hurt during the race. I never loosen, I never relax. There are many young runners who are chasing me. For 10 years I have been a winner in European athletics. I have been training every day, questioning myself, I did never drop, never abate. I want to leave traces. I want to make my family and my friends proud. And I want to enjoy it. The Olympics in Tokyo in 2020 are a goal of mine, but it is still a long way to go, two years. I feel very tired right now.

09/08/2018 21:54

Flash Quotes As of 9 AUG 2018

## CHIAPPINELLI Yohanes (ITA)

### 3000m Steeplechase Men Final - Bronze 8:35.81

I feel amazing, really, really happy with this medal. To be honest, I didn' expect this at all, but it wasn't easy to achieve this. Right now, I want to take 2 weeks holiday, before I get back to training hard foer the Italian Championships already coming up in September.

09/08/2018 22:12

## CARRO Fernando (ESP)

### 3000m Steeplechase Men Final - Silver 8:34.16

I would have liked to go home with a gold medal, but I'm very, very happy with this result. To be honest, I made a mistake during the race, and, I wasn't sure if I would have been able to keep the silver medal, had I tried to catch Mahiedine then. So, I decided to stay strong in the last 300 metres. I know he is fast, but so am I. Right now, I'm going to enjoy this achievement, and carry on working hard as usual, so I can improve my performances in future competitions.

09/08/2018 22:14

## DUTKIEWICZ Pamela (GER)

### 100m Hurdles Women Final - Silver 12.72

This is something so special. This is the most important season in my life. I know that I will never run in front of a home crowd at international championships again.

I am so happy. This was not an easy race. The wind changed all the time. And when it started to rain right before the final I thought "more drama could not be possible."

The pressure was giant. Especially the pressure I put up myself. I kept telling myself "Seize this opportunity!"

09/08/2018 22:03

## ROLEDER Cindy (GER)

### 100m Hurdles Women Final - Bronze 12.77 SB

This is a dream come true. I have been dreaming about a medal for the whole time. This audience is bombastic!

I wanted to get a medal. This was my goal. Last year was a difficult year for me because of injuries. A medal is always great. It is fantastic! The race itself was not good. The wind changed so much, all the time. There is much going on in German hurdle sprint. We came second, third and fourth! Wow! This is bombastic.

The semi-final is harder than the final normally.

I enjoy these championships very much.

09/08/2018 22:04

## HERMAN Elvira (BLR)

### 100m Hurdles Women Final - Gold 12.67

I wanted this gold so much. When I was in the blocks, I do not know why, but I was only thinking about the gold. No silver, no bronze, just gold... I was just a little bit nervous but I knew I was strong enough to fight for it. It was my race. I had a good start, good execution, great finish. I am totally happy. But it is still a big surprise for me. I already have the world junior title but this title counts more. It is the real big medal.

We already have three bronzes in our team and that motivated me so much today. I have no idea how the celebration with the team will look like but I am looking forward to the one at home. My boyfriend Maxim is here supporting me. He is also a sprinter and we have been together for 5 and a half years. He helped me so much.

09/08/2018 22:19