

RAMONA RICHTER

Sports Scientist
Holistic Coach
Nutritional Diagnostics
Specialist
Content Creator
Triathlete
Podcaster





CONTENT CREATOR

Visuals, videos, and words are my tools – I love turning experiences and know-how into stories that resonate and create real connection.



[Visit my Instagram](#)



TRIATHLET

For many years, sport was just a means to an end — a way to fuel my 12-year-long eating disorder.

Today, I no longer fight against my body. I move with it. I challenge it — and I support it.

I want to explore my potential honestly and stand at the starting line with my body, not despite it.

I carry this deep sense of trust — that there's still more to discover.

I want to be a healthy and authentic role model. Not just to show a way back into life, but also a way into competitive sport — without compromise, without self-harm, with strength and self-respect.

RESULTS 23

2nd place at the WTSC Triathlon in Hamburg on July 15th, 2023 (sprint: 01:14:30)

German champion in the W30 age group at the 1st GISA SwimRun in Halle an der Saale on August 6th, 2023 (800m, 5km: 31:03.1min)

4th place at the German age group championships at the 11th Gewoba City Triathlon in Bremen on August 13th, 2023 (sprint: 01:16:37)

Hamburg vice champion on September 10th, 2023 (sprint: 1:08:27)



RESULTS 24

Tri to Vichy
- be part of my first **EM**



This season I start in the 2. Triathlon Bundesliga with my team from St. Pauli Triathlon "FC St. Pauli Triathlon Deerns"

4th place at Berlin Triathlon in den Treptower Park on June 2th, 2024 (sprint: 1:12:06h)

1th place at Frankfurt City Triathlon on July 28th, 2024 (sprint: 1:30:05h)

Hamburg vice champion on September 8th, 2024 (sprint: 1:10:12)

5th place at the age group European Championships in Vichy (France) on September 21st (sprint: 1:09:13h)



RESULTS 25

The Age Group World Championship in triathlon (sprint distance & mixed relay) in October 2025 in Australia is my big goal.

I kicked off the season on May 18th at a local race in Büchen — a conscious choice to support local events and promote sustainability. With a time of 1:11:41 hours, I secured 1st place overall, as well as the win in my age group.



PEAK PERFORMANCE – FASTER FOR DOWN UNDER

Kopfknurren – between overthinking and undereating

In my podcast, I share my personal journey through eating disorders, speak with inspiring and uplifting guests, and create a space where thoughts and emotions are met without judgment or taboo.

Let's rediscover what it means to feel — and to live — without censorship. Because we are worth it. And life is, too.

Insights

34.289 streams total

Main target group:

- 28-34 year olds
- 84% female, 11,6% male, 4,4% divers
- Location: Germany, Switzerland, Austria, USA

Hear now



PODCAST

Weekly Performance – Holistic Strength & Resilience

After Chapter 1 – Kopfkurren: Between Overthinking and Undereating, which focused on eating disorders and mental health, it's time for the next step.

Chapter & Podcast 2: Your Weekly Performance

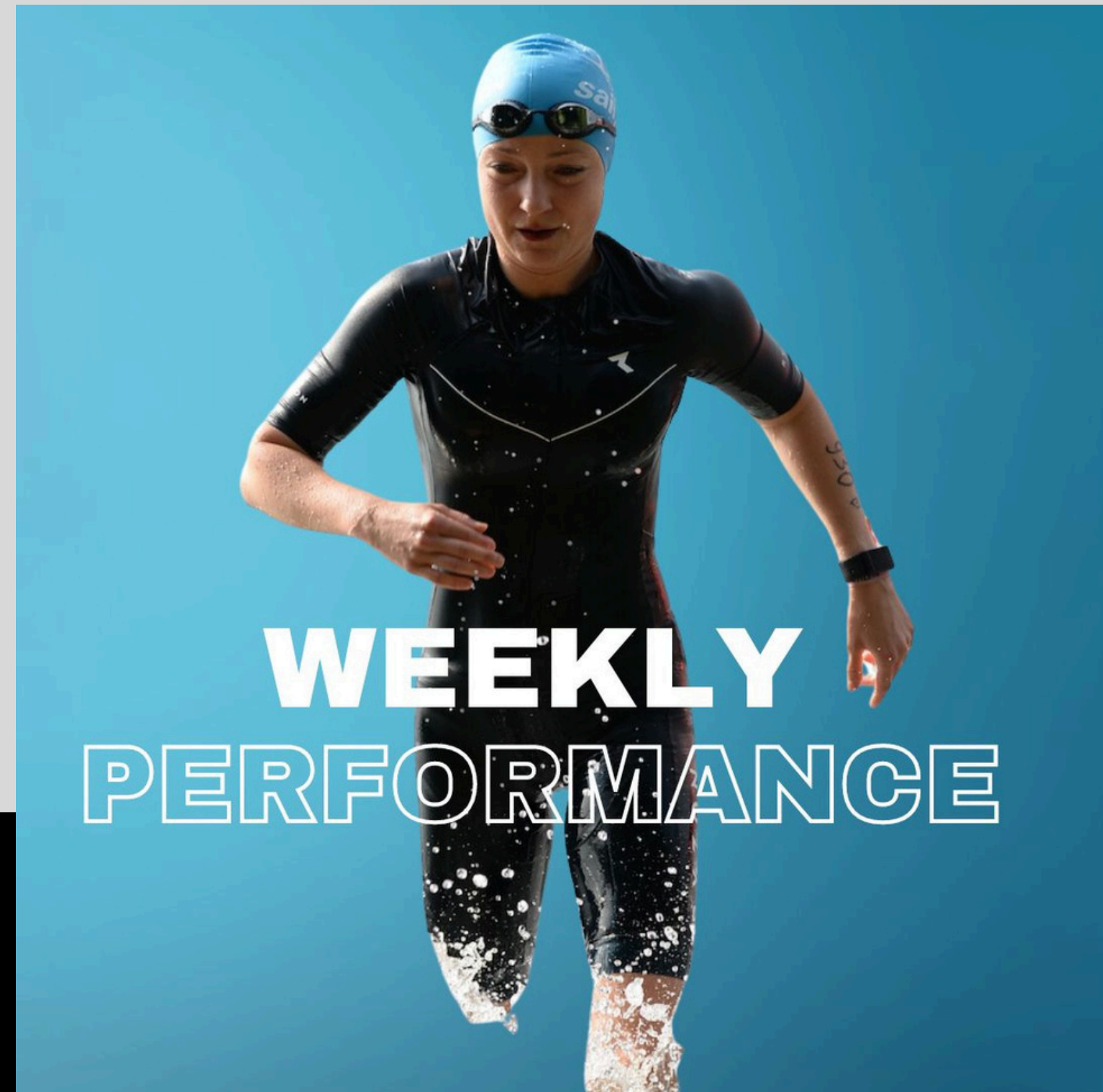
Starting January 2025, you'll get weekly input to help you feel strong, healthy, and balanced – in both body and mind. Because humans are complex. And performance is never just physical. Let's redefine it — beyond numbers.

Main target group:

Hear now



- 35-44 year olds
- 78,8% female, 18,4% male, 2,9% divers
- Location: Germany, Switzerland, Austria



SPORTS SCIENTIST

Bachelor of arts 2015 (University of Hamburg)

Bachelor thesis about: "Dance therapy – a possible healing method for mental and psychosomatic illnesses"

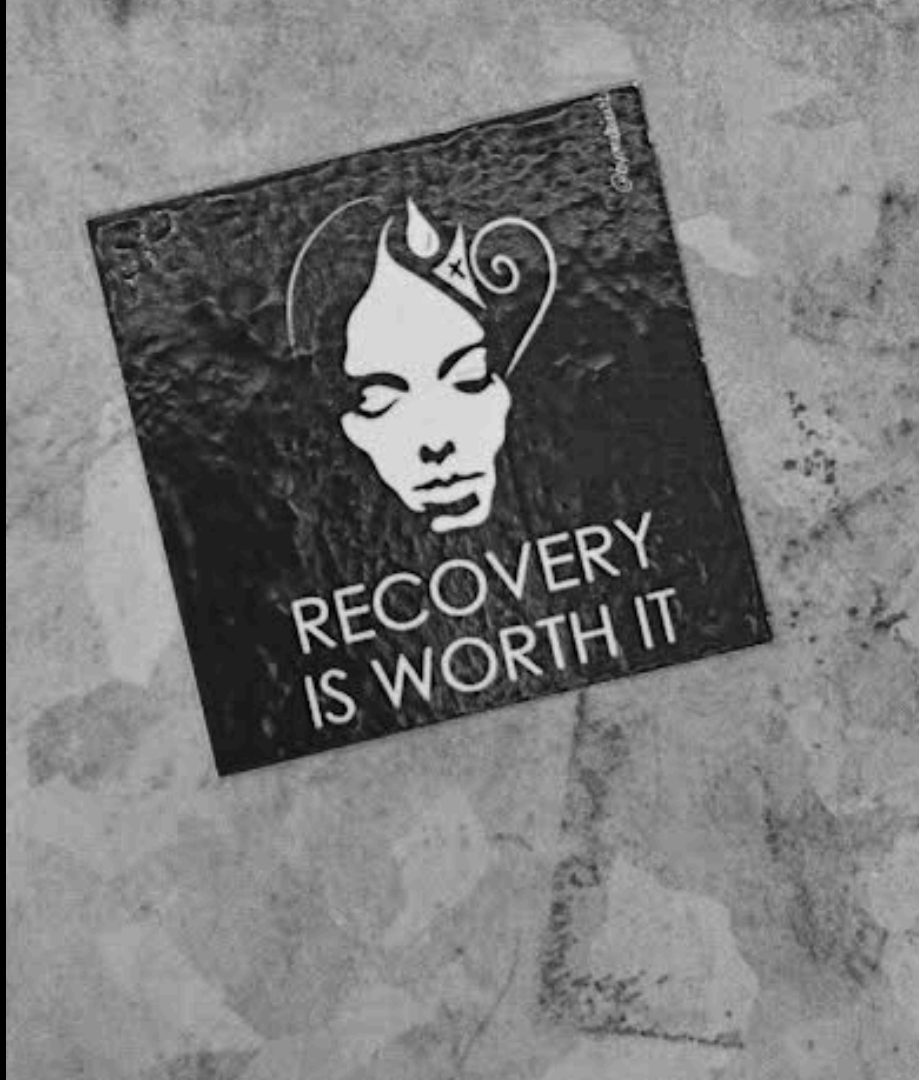
Starting in October, I will commence a master's degree with the long-term aim of completing a PhD and habilitation.



lennart-biniara.de



MENTAL COACH & NUTRITIONAL DIAGNOSTICS



Holistic Coaching

During my training as a (sports) mental coach, I discovered how willpower and mental conditioning can unlock unexpected strength.

My further education in nutritional diagnostics deepened my understanding that we are psycho-physiological beings – and only thrive when we're seen as a whole.

And throughout my own recovery, I combined science with mindfulness – and ultimately saved my life together with my body.

own-your-performance.com

Own Your Performance is a holistic coaching and education platform that empowers individuals – especially women – to reconnect with their bodies, optimize their training, and support their health through personalized strategies in nutrition, physiology, mindset, and recovery.

Grounded in science and guided by compassion, the focus is on sustainable performance – not perfection.

CONTACT & FOLLOW ME

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