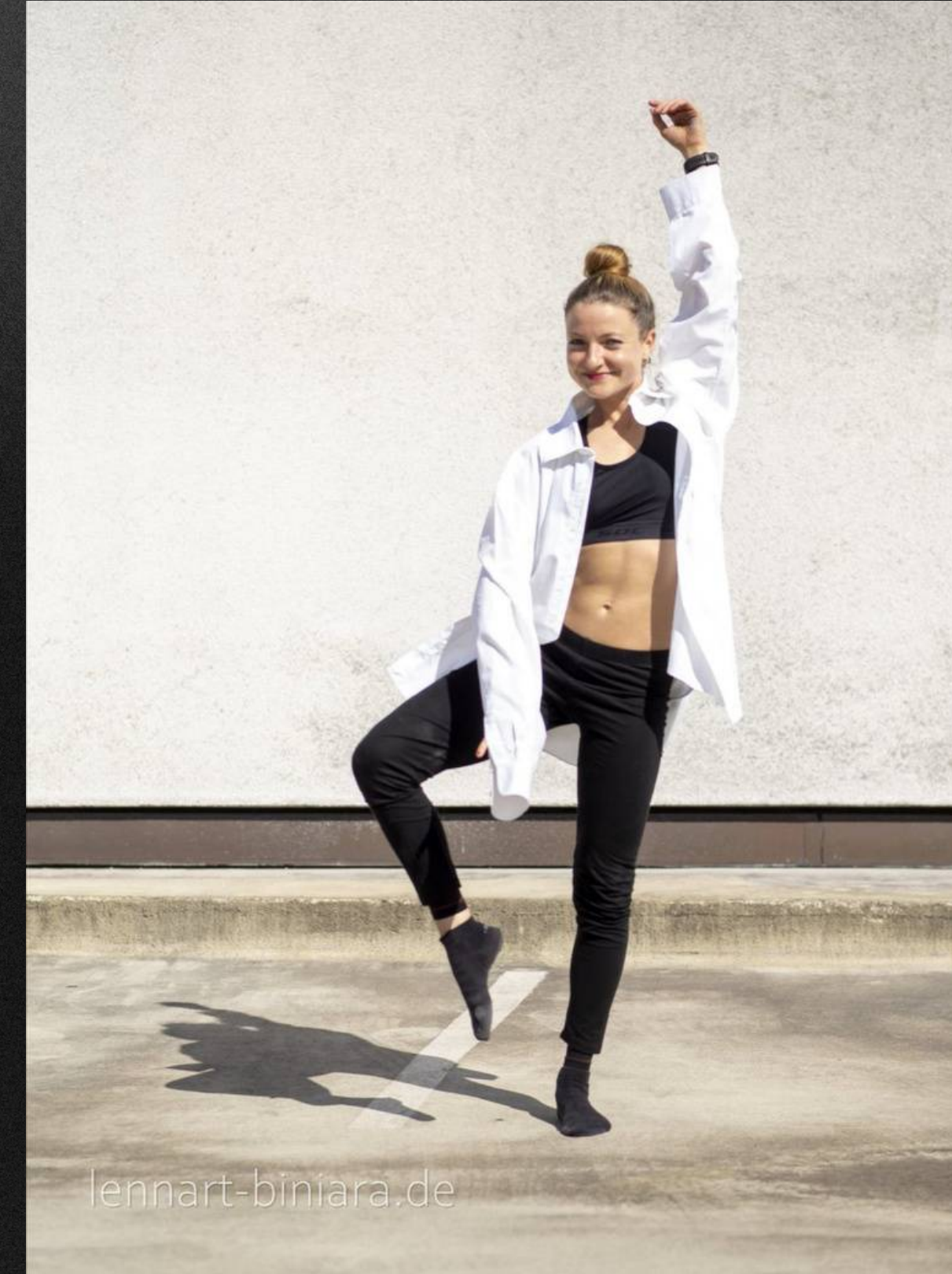


RAMONA RICHTER

Content Creator
Triathlete
Podcaster
Sports Scientist
Mental Trainer
Nutritional Diagnostics
Specialist





CONTENT CREATOR

... she, a creative individual who enjoy expressing herself through visuals, videos, and written words. She often have a knack for storytelling and use her unique perspective to connect with her audience.

TRIATHLET



© Aron Kankel

For many years, sports were just a means to an end, through which I nourished my 12-year-long eating disorder. Today, I no longer just challenge my body; I also support it accordingly.

I want to explore my potential in an honest way and stand at the starting line together WITH my body. I have this deep trust and feel that there is more to achieve. I want to be a healthy and honest role model and show others not only (my) a path back to life but also into the competitive sport.

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)



Head Rumbling - Between Pondering and Hunger

In my podcast, I share my personal experiences with my eating disorders, engage in conversations with inspiring and encouraging guests, and create a space where there are no taboos when it comes to our thoughts and feelings. Let's experience and enjoy life again without censorship – we are worth it, life is worth it.

Insights

31.661 streams total
>1,200 streams per month

Main target group:

- 28-34 year olds
- 84% female, 11% male, 5% divers
- Location: Germany, Switzerland, Austria

Hear now 



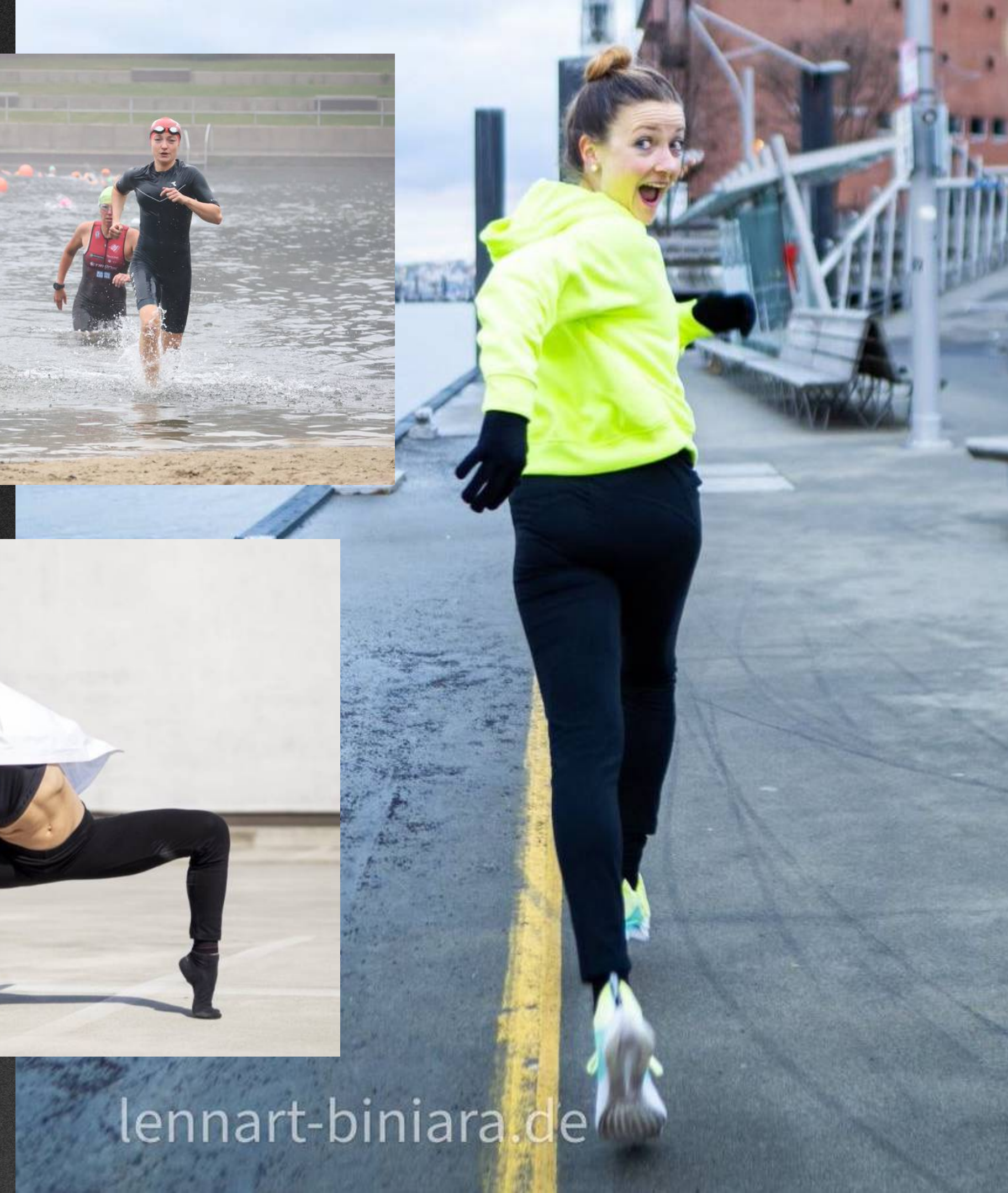
PODCAST

SPORTS SCIENTIST

Bachelor of arts 2015
(University of Hamburg)

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

Personal running & triathlon
coach (+ volunteer lifeguard)



lennart-biniara.de



Mental Coach

During my training as a (sports) mental trainer, I learned that willpower and mental conditioning can unleash unexpected powers. Through my further education as a nutritional diagnostics specialist, I understood that humans are a psycho-physiological system and function holistically. And during my own recovery, I practically applied common sense and human understanding, saving my life together WITH my body.

erpse Academy & Institut

Content Manager of the erpse Academy and further training as a nutritional diagnostician at the erpse Institute (since February 2023).

<https://erpse-institut.com/>

<https://www.erpse-academy.com/>

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