



TWG 2025 CHENGDU

LIFESAVING ATHLETE FACT SHEET

NAME: [Your Name]	Undine Lauerwald
AGE: [Your Age]	22
NATION: [Your Country]	Germany
BRIEF INTRODUCTION OF YOURSELF [max 10 sentences]	I learned to swim from my mum when I was five years old. Since I was six, I have trained in my local lifesaving club in Meissen. In 2018, I qualified for my first Junior European Championships. After that, I competed every year in the junior category, and since 2021 I have been part of the open national team. 2019 I moved to the federal sport base in Halle. Since my A-Level 2021 I train in Warendorf in the Sports Army. Over the years, I have won many medals in the individual races and relays with my team at Europeans, Worlds and the World Games.
IS THIS YOUR FIRST WORLD GAMES? [Yes/No]	No
IF NO, IN WHICH OTHER WORLD GAMES DID YOU ATTEND? [World Games]	2022, Birmingham
WHICH DISCIPLINE ARE YOU STARTING IN? [Your Discipline]	Manikin Tow with fins, Manikin Carry with fins, relays
WHAT IS YOUR BEST ACHIEVEMENT IN THIS DISCIPLINE? [Your Best Achievement]	Manikin Tow with fins- World Champion 2022 Manikin Carry with fins- World Games Champion 2022 Manikin Relay- World Champion 2024, World Games Champion 2022, World Record Medley Relay- World Record and World Games Champion 2022, World Champion 2024
WHAT IS YOUR GOAL? [Your Goal]	Medals in relays and individual races
THIS IS FUN TO KNOW ABOUT YOU: [A fun fact or something interesting about yourself]	I Like to sew and bake.

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