

HEINRICH POPOW

Seize the challenge.

Factsheet

Biography Heinrich Popow

- born on 14 July 1983 in Abaj, Kazakhstan
- currently living in Leverkusen
- 1990: Emigration to Germany
- 1992: Amputation of left lower leg as a result of cancer
- 2000-2002: Training as a qualified IT specialist
- Since 2001: Competitive athlete with Bayer 04 Leverkusen, athletics
- 2002-2014: Employed with the football department of Bayer Leverkusen
- 2005: Advanced training as an IT system administrator
- Since 2014: Training as an orthopaedic technician

Sporting successes

- 2013 World record over 100m: 12.11 sec
- 2013 World Championship Lyon: Gold 100 m, Bronze 200m and long jump
- 2012 Paralympics London: Gold 100m, Bronze 200m, Bronze 4x100m
- 2011 World Championship Christchurch: Gold 100m and long jump
- 2009 IWAS World Games Bangalore: Gold 200m and 4x100m, Silver 100m and long jump
- 2008 Paralympics Beijing: Silver 100m
- 2007 IWAS World Games Taipeh: Silver 100m, 200m and long jump
- 2006 World Championship Assen: Bronze long jump
- 2005 European Championship Espoo: Silver long jump, Bronze 100m, 4x100m and high jump
- 2004 Paralympics Athens: Bronze 100m, 200m and long jump
- 2002 World Championship Lille: Bronze long jump
- Best time for 100 metres is 12.26 seconds.
- Best distance for long jump is 6.31 metres.