





Nina Mittelham

Nickname:	Nina the Blade
Nation:	German 
Date of birth:	23 November 1996
Height:	164 cm
Place of birth:	Willich, Germany
Playing hand:	right 
Style of play:	Shakehand grip
Coach:	Tamara Boros
Current world ranking (week 51 - 2024):	21
Current European ranking (December 2024):	4
Clubs as the active player(s):	TTC Berlin Eastside

Senior Career Highlights

2024:

- **Participant, 2024 Paris Olympics:**

Mittelham represented Germany in the women's singles and mixed doubles events. While she did not secure a medal, her qualification and performance on the Olympic stage solidified her standing as one of Europe's top players.

Mixed Doubles:

Partnered with Dang Qiu, advancing to the Round of 16 before being eliminated by a Japanese duo.

2023:

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- **Gold Medal - Mixed Doubles, European Games (Kraków, Poland):**

Partnering with Dang Qiu, Mittelham delivered an outstanding performance, overcoming top European pairs to secure the gold medal. This win also qualified them for the 2024 Paris Olympics in the mixed doubles category.

- **Gold Medal - Bundesliga Team Championship (with TTC Berlin Eastside):**

Playing a pivotal role, Mittelham helped her club dominate the German league, winning the title and further establishing her as a key player domestically.

2022:

- **Quarterfinalist - Women's Singles, European Championships:**

Mittelham reached the last eight, reaffirming her place among the top players in Europe.

- **Contributor, World Table Tennis Championships (Chengdu, China):**

Represented Germany in the team event, playing decisive matches and helping her team achieve a strong finish.

2021:

- **Gold Medal - Women's Singles, Europe Top 16 Cup:**

Mittelham claimed one of her most significant victories by winning this prestigious European title. Her triumph over several top players marked her as one of the continent's leading table tennis athletes.

- **Gold Medal - Mixed Doubles, European Championships (Partner: Dang Qiu):**

Mittelham and Qiu showcased remarkable chemistry, dominating the event and clinching the top prize.

- **Gold Medal - Team Event, European Championships:**

Mittelham played a crucial role in securing Germany's title, contributing to her nation's continued dominance in team events.

2019:

- **Gold Medal - Team Event, European Games (Minsk, Belarus):**

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Mittelham's consistent and high-pressure performances helped Germany win the team gold medal, reinforcing their European supremacy.

2018:

- **Gold Medal - Women's Doubles, European Championships (Partner: Kristin Lang):**

This victory marked Mittelham's first major senior continental title, underscoring her ability to excel in doubles.

2017-2016:

- **Multiple Bundesliga Titles with TTC Berlin Eastside:**

Mittelham consistently contributed to her club's success in both domestic and European competitions, earning accolades in the Bundesliga and Champions League.

Breakthrough Moments and Achievements

2021:

- **Europe Top 16 Cup Victory:**

Winning the Europe Top 16 Cup was a breakthrough moment for Mittelham. It elevated her to the upper echelons of European table tennis, as she defeated highly ranked players with her aggressive style and tactical precision.

- **Mixed Doubles Gold at European Championships:**

This title with Dang Qiu highlighted her adaptability and ability to thrive in doubles competitions, further expanding her skill set and reputation.

2018:

- **European Championships Women's Doubles Gold:**

Partnering with Kristin Lang, this marked her first significant senior title. It demonstrated her potential for success at the highest levels of competition.

2019:

- **European Games Team Gold:**

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Mittelham's reliability under pressure and key contributions to Germany's team gold were a turning point in her career, showcasing her ability to perform on the big stage.

2017:

- **Champions League Success with TTC Berlin Eastside:**

Mittelham played a vital role in her club's triumphs during the European Champions League, proving her capability in high-stakes matches.

2014-2016:

- **Transition from Junior to Senior Circuit:**

Mittelham's seamless transition from a decorated junior career to senior success was marked by her consistent performances in Bundesliga matches and early international events. Her ability to adapt quickly and compete at a high level signaled the beginning of a promising senior career.

Medals and Titles

- **World Championships:**

2022 Chengdu, Bronze medal – third place, Team

- **European Games:**

2019 Minsk, Gold medal – first place, Team

2023 Kraków–Małopolskie, Gold medal – first place, Mixed doubles

2023 Kraków–Małopolskie, Silver medal – second place, Team

- **European Championships:**

2018 Alicante, Gold medal – first place, Doubles

2020 Warsaw, Gold medal – first place, Mixed doubles

2021 Cluj-Napoca, Gold medal – first place, Team

2023 Malmö, Gold medal – first place, Team

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2017 Luxembourg City, Silver medal – second place, Team

2020 Warsaw, Silver medal – second place, Doubles

2022 Munich, Silver medal – second place, Singles

2024 Linz, Bronze medal – third place, Singles

Junior Career and Early Achievements

Medals and Titles

2013:

- **European Youth Championships (Ostrava, Czech Republic):**

Gold Medal - Junior Girls' Singles: Nina Mittelham defeated Croatia's Lea Rakovac in a thrilling final, demonstrating her superior technical and tactical skills.

Gold Medal - Junior Girls' Doubles: Partnering with Theresa Kraft, Mittelham claimed the doubles title, showcasing outstanding coordination and teamwork.

Gold Medal - Junior Mixed Doubles: Mittelham teamed up with Kilian Ort to secure victory in the mixed doubles category, further emphasizing her versatility in multi-discipline events.

Silver Medal - Junior Girls' Team Event: Mittelham was instrumental in Germany's strong performance in the team competition, where they narrowly missed the gold.

2012:

- **European Youth Championships (Schwechat, Austria):**

Bronze Medal - Junior Girls' Singles: Mittelham reached the semifinals, securing a place among Europe's top junior players.

Gold Medal - Junior Girls' Team Event: She played a crucial role in Germany's gold-winning team performance, delivering critical victories in high-pressure matches.

2011:

- **European Youth Championships (Kazan, Russia):**

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Gold Medal - Cadet Girls' Singles: Mittelham dominated the singles category, defeating strong competitors to take the top prize.

Gold Medal - Cadet Girls' Doubles: Partnering with a fellow German player, she clinched the doubles title with remarkable synergy and skill.

Silver Medal - Cadet Girls' Team Event: Mittelham contributed to Germany's runner-up finish in the team event, showcasing her ability to thrive in both individual and team competitions.

2010:

- **European Youth Championships (Istanbul, Turkey):**

Bronze Medal - Cadet Girls' Doubles: Mittelham's early success in doubles laid the groundwork for her later dominance in partnership events.

Breakthrough Moments and Achievements

2013:

- **Triple Gold at the European Youth Championships (Ostrava):**

This was the most defining year of Mittelham's junior career. By winning gold medals in singles, doubles, and mixed doubles, Mittelham established herself as the most successful female player in the tournament. Her ability to excel across multiple disciplines highlighted her all-around prowess and adaptability.

2011:

- **Dominance in Cadet Categories (Kazan):**

Winning two gold medals in the singles and doubles categories at the European Youth Championships was a breakthrough moment that underscored Mittelham's early talent. Her performance in the cadet division marked her as a rising star in European table tennis.

- **Transition from Cadet to Junior (2011-2013):**

Mittelham's seamless transition from the cadet to junior categories was characterized by consistent success and adaptability. Her achievements in the junior events demonstrated

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her readiness to take on more experienced competitors and her potential for success at the senior level.

- **Team Event Success (2012-2013):**

Mittelham's contributions to Germany's performances in the team events, including a gold medal in 2012 and a silver in 2013, highlighted her reliability and ability to deliver under pressure in team settings.

2024: Detailed Overview and Achievements

Medals and Titles

December 2024

- **Bronze Medal - Women's Singles, European Championships (Linz, Austria):**

Nina Mittelham reached the semifinals at the European Championships, defeating several top-ranked players along the way. Her performance in Linz marked her as one of the most consistent performers in European table tennis.

July-August 2024

- **Representative, 2024 Paris Olympics:**

Mittelham competed in the women's singles and mixed doubles events, representing Germany at the Summer Olympics.

Women's Singles: Reached the round of 32 but lost in a tightly contested match against Pyon Song Gyong of North Korea.

Mixed Doubles: Partnering with Dang Qiu, the pair advanced to the round of 16 before being eliminated by a strong Japanese duo. Although she did not secure a medal, her Olympic debut was a significant milestone in her career.

February-November 2024

- **Key Contributor - Bundesliga Matches with ttc berlin eastside:**

Mittelham was instrumental in her club's continued success in the German Bundesliga, delivering crucial wins in both singles and doubles. Her performances helped solidify ttc berlin Eastside's dominance in domestic table tennis.

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- **Consistent Presence in WTT Contender Events:**

Competed in multiple World Table Tennis (WTT) Contender tournaments throughout the year, regularly advancing to the later rounds and further improving her global ranking.

Breakthrough Moments and Achievements

December 2024

- **European Championships (Linz, Austria):**

Reaching the semifinals and earning a bronze medal in the women's singles event was one of Mittelham's key achievements of the year. The result not only confirmed her status as one of Europe's top players but also reflected her ability to maintain consistent form under pressure.

July 2024:

- **Olympic Debut at the Paris Olympics:**

Competing in her first Olympics was a career-defining moment for Mittelham. Though she did not secure a medal, her qualification and participation underscored her status as one of Germany's leading table tennis players. The experience gained on this global stage will undoubtedly strengthen her future performances.

- **Season-long Bundesliga Excellence:**

Her standout performances in domestic league matches showcased her reliability and competitiveness. Mittelham's ability to deliver victories in high-stakes club matches has made her an indispensable player for TTC Berlin Eastside.

- **Continuous Improvement in Global Rankings:**

Through her consistent participation in WTT events and her performances in major championships, Mittelham climbed higher in the global rankings, cementing her place among the world's top competitors.

Biography and Career

Nina Mittelham, born on November 23, 1996, in Willich, Germany, is an accomplished table tennis player known for her outstanding performances on the European and



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international stages. She transitioned from a successful junior career, where she claimed multiple titles, to becoming one of Germany's key senior players. Highlights of her career include gold in the 2023 European Games Mixed Doubles, bronze in the 2024 European Championships Women's Singles, and participation in the 2024 Paris Olympics. Her career showcases a balance of individual brilliance and team contributions.

Early Life and Background

Growing up in Willich, Nina Mittelham showed a passion for sports at a young age, initially playing football before transitioning to table tennis at nine. Supported by her family and coaches, she trained rigorously in Germany's advanced sports development programs. Her early success in youth tournaments and her natural talent quickly propelled her to the national stage, setting the foundation for her illustrious career.

Playing Style and Personality

Mittelham's playing style is defined by her aggressive approach and versatility. A right-handed player using a shakehand grip, she excels in close-to-the-table exchanges with powerful forehand drives and steady backhand counters. Her adaptability allows her to excel in singles and doubles competitions. Off the table, she is admired for her calmness, determination, and strong sense of sportsmanship, making her a respected figure in the sport.

Legacy and Future Goals

By the end of 2024, Nina Mittelham has established herself as a key contributor to Germany's success in international table tennis. Her achievements, such as her European medals and Olympic participation, have solidified her legacy. Moving forward, Mittelham aims to secure an Olympic medal, further her success in World Table Tennis events, and inspire younger generations through mentorship and exemplary performances.

Conclusions

Nina Mittelham's career is a testament to her talent, hard work, and perseverance. From her early days as a promising junior to her current status as a leading senior player, she

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has continually evolved and thrived. As she continues her journey, her legacy in table tennis as both a champion and a role model is assured, with her ambitions promising even greater achievements in the future.

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