



Nina Mittelham

AGE

29

EU RANKING

9

NATION

GERMAN

PLAYING STYLE

OFFENSIVE

PLAYING HAND

RIGHT

CLUB

TTC BERLIN EASTSIDE



DATE OF BIRTH	23 NOVEMBER 1996
HEIGHT	164 CM
PLACE OF BIRTH	WILlich, GERMANY
GRIP STYLE	SHAKEHAND
COACH	TAMARA BOROS
WORLD RANKING	69
CLUBS AS THE ACTIVE PLAYER(S)	TTC BERLIN EASTSIDE

MEDALS AND TITLES

World Championships

- 2022 Chengdu Team, Bronze medal – third place

Olympic Games

- 2024 Paris Singles, Reached Round of 32
- 2024 Paris Mixed Doubles, Reached Round of 16

European Championships

- 2024 Linz Singles, Bronze medal – third place
- 2023 Malmö Team, Gold medal – first place
- 2022 Munich Singles, Silver medal – second place
- 2021 Cluj-Napoca Team, Gold medal – first place
- 2020 Warsaw Mixed Doubles, Gold medal – first place
- 2020 Warsaw Doubles, Silver medal – second place
- 2018 Alicante Doubles, Gold medal – first place
- 2017 Luxembourg Team, Silver medal – second place

European Games

- 2023 Kraków-Małopolska Mixed Doubles, Gold medal – first place
- 2023 Kraków-Małopolska Team, Silver medal – second place
- 2019 Minsk Team, Gold medal – first place

European Team Championships

- 2025 Zadar Team, Gold medal – first place

European Youth Championships

- 2013 Ostrava Singles, Gold medal – first place
- 2013 Ostrava Doubles, Gold medal – first place
- 2013 Ostrava Mixed Doubles, Gold medal – first place
- 2013 Ostrava Team, Silver medal – second place
- 2012 Schwechat Team, Gold medal – first place
- 2012 Schwechat Singles, Bronze medal – third place
- 2011 Kazan Singles, Gold medal – first place

- 2011 Kazan Doubles, Gold medal – first place
- 2011 Kazan Team, Silver medal – second place
- 2010 Istanbul Doubles, Bronze medal – third place

PLAYING STYLE AND PERSONALITY

Mittelham is a right-handed shakehand grip player, known for her aggressive all-round attacking game and precise tactical placement. She excels in both singles and doubles formats, combining consistency with explosive forehand shots and an intelligent backhand game. In 2025, she demonstrated resilience with a return to form following injury, contributing to major team wins and deep tournament runs. Off the table, she is respected as a team leader, valued communicator, and strong presence on social media platforms.

BREAKTHROUGH MOMENTS AND ACHIEVEMENTS

2025

European Team Championships

- Key contributor to Germany's gold medal victory in Zadar – the nation's record 10th women's team title. Mittelham was vital in both singles and doubles matches, including a decisive win in the final.

WTT Season 2025

- Maintained strong international presence throughout WTT events, with consistent appearances across Europe and Asia – affirming her place among Europe's elite.

2024

European Championships (Linz)

- Bronze medal in women's singles – notable victories en route confirmed her reliability on the continental stage.

Paris Olympic Games

- Represented Germany in both women's singles and mixed doubles (with Dang Qiu). Reached R32 and R16 respectively.

Bundesliga Season with TTC Berlin Eastside

- Delivered high-impact performances, helping secure another dominant domestic campaign.

2022

European Championships (Munich)

- Advanced to the singles final, eventually earning silver after retiring mid-match against Polcanova. Her performance marked one of her most dominant singles campaigns to date.

2021

Europe Top 16 Cup - Montreux

- Won the women's singles title, defeating several top seeds – a major milestone in her senior career.

European Championships

- Mixed doubles gold with Dang Qiu – showcasing her versatility in both disciplines.

2019

European Games - Minsk

- Team gold – Mittelham played a pivotal role for Germany.

2018

European Championships - Alicante

- First major senior gold – Doubles title with Kristin Lang.

2013

European Youth Championships - Ostrava

- Dominated with triple gold (singles, doubles, mixed) and team silver – cementing her legacy as one of Germany's top youth talents.

2011

European Youth Championships - Kazan

- Gold in cadet singles and doubles, silver in team – early sign of elite potential.

CAREER

Nina Mittelham, born 23 November 1996 in Willich, Germany, rose through the junior ranks with major European Youth Championship victories. Since joining Germany's senior squad, she has earned continental golds in team, doubles, and mixed events. Mittelham has been a reliable performer for TTC Berlin Eastside and a regular competitor on the WTT circuit. In 2025, she solidified her status as one of Europe's most respected players through her European Team title and a runner-up finish in the continental singles championship.

LEGACY AND FUTURE GOALS

As of December 2025, Mittelham stands as a central figure in modern German women's table tennis. Her impact spans junior and senior titles, leadership in Bundesliga and European competition, and Olympic representation. Looking ahead, she aims to win a senior singles title at

the European or World level, improve her global ranking, and maintain her consistent presence across WTT events while mentoring younger teammates and promoting the sport nationally and abroad.

SOCIAL MEDIA

- Instagram: @ninamittelham

