



# Xiaona Shan

AGE

42

EU RANKING

14

NATION

GERMAN

PLAYING STYLE

ATTACKING

PLAYING HAND

RIGHT

CLUB

TTC BERLIN EASTSIDE



DATE OF BIRTH	18 JANUARY 1983
HEIGHT	165 CM
PLACE OF BIRTH	ANSHAN, LIAONING, CHINA
GRIP STYLE	PENHOLD
COACH	IRINA PALINA
WORLD RANKING	60
CLUBS AS THE ACTIVE PLAYER(S)	KTS TARNOBRZEG TTC BERLN EASTSIDE

---

## MEDALS AND TITLES

### Olympic Games

- 2016 Rio de Janeiro Team, Silver medal – second place

### World Championships

- 2022 Chengdu Team, Bronze medal – third place

### European Games

- 2015 Baku Team, Gold medal – first place
- 2019 Minsk Team, Gold medal – first place
- 2023 Kraków-Małopolska Team, Silver medal – second place

### European Championships

- 2013 Schwechat Team, Gold medal – first place
- 2014 Lisbon Team, Gold medal – first place
- 2015 Yekaterinburg Team, Gold medal – first place
- 2021 Warsaw Doubles, Gold medal – first place
- 2023 Malmö Team, Gold medal – first place
- 2013 Schwechat Singles, Silver medal – second place
- 2013 Schwechat Doubles, Silver medal – second place
- 2016 Budapest Doubles, Silver medal – second place
- 2017 Luxembourg City Team, Silver medal – second place
- 2021 Warsaw Singles, Silver medal – second place
- 2022 Munich Singles, Bronze medal – third place

## PLAYING STYLE AND PERSONALITY

Shan Xiaona is a right-handed attacker with a penhold grip – a rare style in elite women's table tennis. Her fast reflexes and aggressive control make her a tough opponent in high-speed rallies. Off the table, she's known as a resilient team leader, respected for her professionalism and adaptability in both club and national settings.



## BREAKTHROUGH MOMENTS AND ACHIEVEMENTS

2025

### WTT / ITTF International Circuit

- Maintained an active presence on the WTT and ITTF circuit at age 42, highlighting exceptional longevity at the elite level. Recorded competitive wins and progressed through early rounds at major events, including China Smash, WTT Contender Almaty, and WTT Feeder Düsseldorf II, demonstrating sustained competitiveness against younger opponents.

### ETTU Champions League (Club Competition)

- Represented TTC Berlin Eastside in the European Champions League, contributing match wins and solid performances during late-season fixtures.

2016

### Rio Summer Olympics

- Won the silver medal in the women's team event, a pivotal career moment that elevated her status as a key player for Germany on the international stage.

2013

### European Championships (Team Event)

- Made her debut at major international championships representing Germany, contributing to the team's gold medal victory.

## CAREER

Shan Xiaona was born on 18 January 1983 in Anshan, Liaoning, China, where she developed her table tennis skills within China's highly competitive sports system. In the early 2010s, she moved to Germany in pursuit of broader professional opportunities and subsequently acquired German citizenship, becoming eligible to represent Germany in international competition from 2013 onward. Her aggressive penhold playing style, combined with extensive international experience, quickly made her a valuable member of the German national team.

Over the course of her career, Shan has established herself as one of the most experienced competitors on the European circuit. Her achievements include a silver medal in the women's team event at the 2016 Rio Olympic Games, multiple team gold medals at European Games and European Championships, and an ITTF World Tour singles title at the German Open in 2014. She reached a career-high world ranking of No. 12 in March 2017, reflecting her standing among the global elite. Demonstrating remarkable longevity, she remained active in 2025, competing on the WTT Tour and appearing at major events such as the World Championships, World Cup group stage, and Europe Top-16.



## LEGACY AND FUTURE GOALS

As of December 2025, Shan Xiaona is recognized as one of the longest-serving and most influential members of German women's table tennis. Her successful integration into the German national system, highlighted by the silver medal at the 2016 Olympic Games and consistent contributions at European Championships and club level, has firmly established her legacy. She has also played a leadership role with TTC Berlin Eastside, contributing to the club's presence and success in European Champions League competition.

Looking ahead, Shan is likely to continue competing in European leagues and representing Germany in major team events while gradually expanding her role as a mentor. With her extensive international experience and longevity at the elite level, a transition into coaching or mentorship is seen as a natural next step, allowing her to contribute to the long-term development of table tennis in Germany.

## SOCIAL MEDIA

- Instagram: @xiaonashan