

Lydia Hiernickel

Place of residence	Schwanden GL
Date of birth	23 December 1996
Squad	Swiss-Ski B squad, biathlon
Career	2003 - 2009 Sool primary school 2009 - 2012 Lower secondary school, Glarus cantonal school 2012 - 2016 Sport-Gymnasium in Davos 2016 - 2017 Training to become a border guard
Languages	German, English, French
Ski club	SC Gardes-Frontière, SC Riedern
Homepage	www.lydiahiernickel.ch
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Biography

I spent my childhood in south Glarus, which is known locally as the Zigerschlitz. I was very involved in various sports with my family from an early age, e.g. in the bike club, Swiss Alpine Club, artistic gymnastics and cross-country skiing. Sport helped me to build my circle of friends, my goals and aspirations. At the age of 15, I decided to go to the Sport-Gymnasium in Davos to take advantage of the possibility of pursuing a sports career in at the same time as receiving an education. During my four years at the Sport-Gymnasium, I was accepted into the Swiss-Ski B squad, had my World Cup debut in the women's relay at Nové Město 2016, as well as three U20/U23 World Championships. Immediately after completing school, I was given the opportunity to attend Border Guard training at the B-School in 2016. This allowed me to start a career that had always interested me and at the same time supported my career as an athlete. My biggest sporting success to date is taking part in the 2018 Olympic Games in PyeongChang, where I won my Olympic diploma in the women's relay team. I will continue to focus on my goals and pull out all the stops.



Achievements

Best achievements

Olympic Winter Games

1 edition: PyeongChang 2018

- 7. Rang Staffel
- 49. Rang 10k

World Cup

- 37th place 10km Tour de Ski (Lenzerheide 2017)
- 40th place 10km Tour de Ski (Toblach 2019)
- 39th place sprint (Davos 2020)

Juniors/U23 - World Championships

- 2x 5th place relay (2014 + 2016)
- 7th place sprint (Almaty 2015)
- 12th place 5km classic (Râșnov 2016)
- 12th place 15km skiathlon (Goms 2018)
- 14th place 10km skating (Râșnov 2016)
- 15th place 10km classic (Goms 2018)

World Championship

- 10th place relay (Seefeld 2019)
- 7th place relay (Oberstdorf 2021)

Continental Cup

- 2x silver overall U20 (2015 + 2016)
- 2nd place 10km skating (Campra 2018, my women's podium debut)
- 3rd place 10km women's skating 2021 + 3rd place women's overall 2021

Swiss Championships medals

- 3x gold women's / 10x gold U20
- 4x silver women's / 1x silver U20
- 1x bronze women's / 3x bronze U20
- 1x bronze teamsprint 2023
- 1x bronze mass start 2023

European Championships

- Lenzerheide 2023 individual / sprint / pursuit