

Lydia Hiernickel

Lives in	Schwanden GL
Date of birth	23 December 1996
Squad	Swiss Ski B-squad, cross-country
Languages	German, English, French
Ski club	SC Gardes-Frontière, SC Riedern
Home page	www.lydiahiernickel.ch
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Career

- **2016 - 2017** Training to become a border guard
- **2012 - 2016** Sport-Gymnasium in Davos
- **2009 - 2012** Lower secondary school, Glarus cantonal school
- **2003 - 2009** Sool Primary school

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 am still at the beginning of my professional and sports career and will continue to focus on my goals and pull out all the stops.



Achievement highlights

Olympic Winter Games

Pyeongchang 2018:

- 7th place relay
- 49th place 10km

Juniors/U23 - World Championships

- 2x 5th place relay (2014 + 2016)

Goms 2018:

- 12th place 15km skiathlon
- 15th place 10km classic

Rasnov 2016:

- 12th place 5km classic
- 14th place 10km skating

Almaty 2015:

- 7. place Sprint

World Cup

Lenzerheide 2017:

- 37th place 10km Tour de Ski
- 44th place 10km pursuit, Tour de Ski

Swiss Championships medals

- 3 x gold women's
- 3x silver women's
- 1x bronze women's

- 10x gold U20
- 1x silver U20
- 3x bronze U20

Continental Cup

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