Helle Frederiksen - DEN

Gender: Female
Athlete Year of Birth: 1981
Athlete Weight: 53-54kg
Athlete Height: 171cm
Athlete Lives: Farum Array
Website: http://www.hellefrederiksen.com
Current WTS Ranking: No Ranking

Athlete Biography

Helle has been a professional triathlete since graduating from University of Copenhagen in 2008. Helle obtained the highest grade possible while studying her Master of Science Degree in Physical Education & Human Nutrition.

Upon graduating from University Helle decided to pursue a career in triathlon. Helles triathlon career now sees her compete at the highest level the sport has to offer, racing throughout famous cities all over the world. Like most Olympics distance triathletes, Helles main goal is to compete in the London 2012 Olympics.

Athlete Sponsors: Nike, Inopi, LOOK, Maxim, Reynolds, Sailfish, SRAM, Osteopatisk Klinik, Ceramic Speed, Kaiser Sport

Athlete Language: Danish, English & German

Athlete Tri Entry Year: 2006

Athlete Education: Master Degree in Human Nutrition

Athlete Hobbies: Walking along the beach, Spending some quality time with my boyfriend, relaxing with good friends and family.

Athlete Proudest Moment: First international victory I guess - Premium European Cup in 2008 in Poland - there were a lot of Beijing 2008 Olympians participating which I did not believe I was capable of beating at the time.

Athlete Coach: Michael Krüger

Major Games Results

Date	Event Name	Position
04/08/2012	2012 London Olympic Games	27

Recent World Triathlon Series Results

Date	Event Name	Position
14/04/2012	2012 Dextro Energy World Triathlon Sydney (Elite Women)	30
19/09/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Yokohama (Elite Women)	21
09/09/2011	2011 Dextro Energy Triathlon - ITU World Championship Grand Final Beijing (Elite Women)	DNF
06/08/2011	2011 Dextro Energy Triathlon - ITU World Championship Series London (Elite Women)	DNF
16/07/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Hamburg (Elite Women)	DNF
04/06/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Madrid (Elite Women)	16
09/04/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Sydney (Elite Women)	
08/09/2010	2010 Dextro Energy Triathlon - ITU Triathlon World Championship Grand Final Budapest (Elite Women)	DNF

World Championship Medals

This athlete does not have any World Championship Medals

0 World Cup Wins

1 Total World Cup Podiums

Date	Event Name	Position
08/11/2009	2009 Huatulco ITU Triathlon World Cup	2