

## Stats\*

- 88 registered fights, fighter won 70 out of them. That's a rate of 79.5%
- 477 hitpoints distributed and 194 collected during fights.
- Won 5 golden point(s) and lost 4.
- Participated at 42 tournaments, 30 with international and 12 with national valuation.

\* These data may not be used to assessing an athlete, as the level of the tournament (national / international, etc.) is not considered. Calculated on the basis of all available data.

## Images



## Career Ranking

lifetime ranking of all international fighters  
**Anna-Lena is on place 365 with 213 points.**

## Saison Ranking


Ranking calculated: 08.04.2014 00:21:58








### Categorie Weightclass Ranking Points



senior	female -53	<b>18.438</b>
senior	female -57	<b>40.375</b>
senior	female -62	<b>25.438</b>
senior	female -67	<b>3.500</b>
youth	female -46	<b>0.259</b>
youth	female -49	<b>0.734</b>
youth	female -52	<b>6.512</b>
youth	female -55	<b>11.846</b>
youth	female -59	<b>5.815</b>

## Results

### Results international

result	year	tournament	city	weight	category		
 3.	2007	Austrian Open	Innsbruck	-37	cadets	0.00	0

	2.	2007 European Championships	Budapest	-37	cadets	0.00	0
	1.	2009 Dutch Open	Eindhoven	-49	youth	3.50	0
	3.	2009 German Open	Hamburg	-49	youth	1.50	0
	2.	2009 Austrian Open	Innsbruck	-49	youth	2.50	0
	3.	2009 European Championships	Trelleborg	-49	youth	5.00	4
PAR		2009 European Championships	Zagreb	-51	cadets	0.00	0
PAR		2010 World Championships	Tijuana	-52	youth	5.00	2
	2.	2010 Dutch Open	Eindhoven	-55	youth	2.50	0
	1.	2010 Belgian Open	Herentals	-55	youth	3.50	0
	3.	2010 Spanish Open	Alicante	-55	youth	1.50	0
	3.	2010 Austrian Open	Innsbruck	-55	youth	1.50	0
	1.	2011 Trelleborg Open	Trelleborg	-55	youth	3.50	0
	1.	2011 Dutch Open	Eindhoven	-55	youth	3.50	0
	1.	2011 German Open	Hamburg	-55	youth	3.50	0
	2.	2011 Spanish Open	Alicante	-55	youth	2.50	0
	1.	2011 Austrian Open	Innsbruck	-55	youth	3.50	0
	1.	2011 European Championships	Pafos	-55	youth	15.00	8
	1.	2011 Croatia Open	Zagreb	-57	senior	7.00	0
	1.	2012 Trelleborg Open	Trelleborg	-57	senior	7.00	0
	1.	2012 German Open	Hamburg	-55	youth	3.50	0
	3.	2012 World Championships	Sharm El-Sheikh	-55	youth	15.00	6
PAR		2012 European Championships	Manchester	-57	senior	6.00	3
PAR		2012 European Championships	Athen	-57	Junior	6.00	3
	3.	2013 Dutch Open	Eindhoven	-57	senior	3.00	0
	3.	2013 European Championships	Chisinau	-57	Junior	10.00	6
	3.	2013 World Championships	Puebla	-57	senior	30.00	20
	2.	2013 Croatia Open	Zagreb	-57	senior	5.00	0

	1.	2014 Trelleborg Open	Trelleborg	-62	senior	7.00	0
	3.	2014 Fujairah Open	Fujairah	-57	senior	3.00	0

## Results national

	result	year	tournament	city	weight	category	
	1.	2007	German Championships	Ingolstadt	-38	cadets	0.00 0
	1.	2008	German Championships	Ingolstadt	-41	cadets	0.00 0
	1.	2009	German Championships	Ingolstadt	-51	cadets	0.00 0
	1.	2009	German Championships	Kaufbeuren	-49	Youth A	0.00 0
	1.	2010	German Championships	Reutlingen	-52	Youth A	0.00 0
	1.	2011	German Championships	Georgsmarienhütte	-55	Youth A	0.00 0
	1.	2011	German Championships	Ingolstadt	-57	senior	0.00 0
	1.	2012	German Championships	Bielefeld	-55	Youth A	0.00 0
	1.	2012	German Championships	Ingolstadt	-57	senior	0.00 0
	1.	2012	German Championships	Swisttal	-57	Junior	0.00 0
	1.	2013	German Championships	Ingolstadt	-57	senior	0.00 0
	1.	2013	German Championships	Bielefeld	-57	Junior	0.00 0


## Rivals and results

### Rivals and results international

winner	points	loser
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#### 2007



**Austrian Open,**  
-37 cadets



1/02-Finale	 <a href="#">RODRIGUEZ, Uxue</a>	unknown	 FRÖMMING, Anna-Lena
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**European Championships,**  
-37 cadets



**Trainer / Coches:**

[ESTEVEZ, Carlos](#)

1/08-Finale	 FRÖMMING, Anna-Lena	7 : 0	<a href="#">PAROCESCU, Ionelia</a>	
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1/04-Finale	 FRÖMMING, Anna-Lena	5 : 3	<a href="#">BELIGOJ, Jana Amaliija</a>	
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1/02-Finale  FRÖMMING, Anna-Lena 2 : 0 [PIPERAKI, Aikaterini](#) 



1/01-Finale  [LAGANA, Silvana](#) 3 : 2 FRÖMMING, Anna-Lena 

## 2009

### Dutch Open,



-49 youth

1/02-Finale  FRÖMMING, Anna-Lena 2 : -1 [JAFARZADEH, Sana](#) 

1/01-Finale  FRÖMMING, Anna-Lena 1 : 0 [SAALITI, Salsabil](#) 



### German Open,



-49 youth

1/02-Finale  [SARIOGLU, Cilem](#) 2 : 1 FRÖMMING, Anna-Lena 

### Austrian Open,

-49 youth

1/02-Finale  FRÖMMING, Anna-Lena 3 : 2 [TSAI, Hsiao-Ju](#) 

1/01-Finale  [ALAIR SOARES, Jessika](#) 6 : 3 FRÖMMING, Anna-Lena 



### European Championships,

-49 youth



#### Trainer / Coches:

[ESTEVEZ, Carlos](#)

[WUNDERLICH, Holger](#)



1/08-Finale  FRÖMMING, Anna-Lena 2 : 0 [DUCA, Valeria](#) 



1/04-Finale  FRÖMMING, Anna-Lena 2 : 0 [PEER, Stefanie](#) 

1/02-Finale  [SARIOGLU, Cilem](#) 6 : -1 FRÖMMING, Anna-Lena 

### European Championships,

-51 cadets

1/16-Finale  FRÖMMING, Anna-Lena 6 : 4 [AERTS, Anne-Sophie](#) 

1/08-Finale  [FILIPOVIC, Tamara](#) 2 : 0 FRÖMMING, Anna-Lena 



## 2010



### World Championships,

-52 youth



#### Trainer / Coches:



[WUNDERLICH, Holger](#)

1/16-Finale  FRÖMMING, Anna-Lena 5 : 3 [CHEN, Kuei-Ting](#) 



1/08-Finale  [LIM, So-Ra](#) 1 : 0 FRÖMMING, Anna-Lena 



**Dutch Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena 3 : 0 [MATIC, Marija](#) 



1/01-Finale  [JONES, Jade](#) 7 : 3 FRÖMMING, Anna-Lena 

**Belgian Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena 2 : 1 [CWIKLINSKA, Daria](#) 

1/01-Finale  FRÖMMING, Anna-Lena 8 : 0 [OPDAL NORDVIK, Lise Marie](#) 



**Austrian Open,**  
-55 youth

1/02-Finale  [SAALITI, Salsabil](#) 2 : 0 FRÖMMING, Anna-Lena 



**2011**



**Trelleborg Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena *unknown* [THORSOE, Frida Ronja](#) 



1/01-Finale  FRÖMMING, Anna-Lena 10 : 2 [KAIDI, Zahia](#) 



**Dutch Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena 1 : 0 [LOZHKINA, Anastasia](#) 



1/01-Finale  FRÖMMING, Anna-Lena 6 : 2 [BLOEMBERG, Dominique](#) 



**German Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena 8 : 2 [THORSOE, Frida Ronja](#) 

1/01-Finale  FRÖMMING, Anna-Lena 8 : 2 [BONKOVIC, Tonija](#) 

**Spanish Open,**  
-55 youth

1/02-Finale  FRÖMMING, Anna-Lena 5 : 4 [EREN, Kübra](#) 

1/01-Finale  [YUMRUCALI, Sedanur](#) 5 : 3 FRÖMMING, Anna-Lena 

**Austrian Open,**  
-55 youth









1/02-Finale	 FRÖMMING, Anna-Lena	4 : 2	<a href="#">THORSOE, Frida Ronja</a>	
1/01-Finale	 FRÖMMING, Anna-Lena	5 : 1	<a href="#">SMIGLEWSKA, Magdalena</a>	

### European Championships,

-55 youth





**Trainer / Coches:**

[WUNDERLICH, Holger](#)

1/08-Finale	 FRÖMMING, Anna-Lena	16 : 0	<a href="#">WEIDEMANN, Ulrikke</a>	
1/04-Finale	 FRÖMMING, Anna-Lena	16 : 8	<a href="#">LAMB, Melissa</a>	
1/02-Finale	 FRÖMMING, Anna-Lena	9 : 3	<a href="#">CALVO GOMEZ, Marta</a>	
1/01-Finale	 FRÖMMING, Anna-Lena	16 : 8	<a href="#">NICOLI, Erica</a>	

### Croatia Open,



-57 senior

1/02-Finale	 FRÖMMING, Anna-Lena	7 : 2	<a href="#">FILIPOVIC, Tamara</a>	
1/01-Finale	 FRÖMMING, Anna-Lena	7 : 1	<a href="#">PODOLYAN, Yuliya</a>	

## 2012

### Trelleborg Open,

-57 senior

1/02-Finale	 FRÖMMING, Anna-Lena	1 : 0	<a href="#">PONGPANIT, Worawong</a>	
1/01-Finale	 FRÖMMING, Anna-Lena	2 : 1	<a href="#">GATTERER, Bat-El</a>	

### German Open,

-55 youth

1/02-Finale	 FRÖMMING, Anna-Lena	6 : 3	<a href="#">YUMRUCALI, Sedanur</a>	
1/01-Finale	 FRÖMMING, Anna-Lena	5 : 1	<a href="#">EREN, Kübra</a>	

### World Championships,

-55 youth



**Trainer / Coches:**

[SCHEITERBAUER, Marco](#)

[WUNDERLICH, Holger](#)

[GÜLEC, Özer](#)

1/16-Finale	 FRÖMMING, Anna-Lena	12 : 1	<a href="#">SYNTHYCHE, Jissi Berenice Andrea</a>	
1/08-Finale	 FRÖMMING, Anna-Lena	9 : 0	<a href="#">SHAH SAHEB, Fatemeh Sadat</a>	  <a href="#">Video</a>
1/04-Finale	 FRÖMMING, Anna-Lena	2 : 0	<a href="#">RASTOVIC, Tanja</a>	



1/02-Finale  [VOLKOVA, Julia](#) 10 : 5 FRÖMMING, Anna-Lena 



### European Championships,

-57 senior

**Trainer / Coches:**

[ESTEVEZ, Carlos](#)

1/16-Finale  FRÖMMING, Anna-Lena 8 : 1 [GLADOVIC, Dragana](#) 

1/08-Finale  [GASPA, Cristina](#) 6 : 4 FRÖMMING, Anna-Lena 

### European Championships,



-57 Junior



**Trainer / Coches:**

[ACHARKI, Aziz](#)

[SCHEITERBAUER, Marco](#)

[GÜLEC, Özer](#)




1/08-Finale  FRÖMMING, Anna-Lena 6 : 2 [LEPOROWSKA, Magdalena](#) 

1/04-Finale  [AYVA, Tugba](#) 1 : 0 FRÖMMING, Anna-Lena 

## 2013



### Dutch Open,


-57 senior



1/02-Finale  [GATTERER, Bat-El](#) 1 : 0 FRÖMMING, Anna-Lena   [Video](#)

### European Championships,

-57 Junior

1/08-Finale  FRÖMMING, Anna-Lena 9 : 2 [KRYSHNIOVA, Alina](#) 

1/04-Finale  FRÖMMING, Anna-Lena 2 : 1 [LEPOROWSKA, Magdalena](#) 

1/02-Finale  [VANDER ZWALM, Estelle](#) 7 : 2 FRÖMMING, Anna-Lena 

### World Championships,




-57 senior



**Trainer / Coches:**




[ESTEVEZ, Carlos](#)




[YILMAZ, Nurettin](#)

[GÜLEC, Özer](#)

1/32-Finale  FRÖMMING, Anna-Lena 11 : 5 [CHUNARA, Gyani](#)   [Video](#)


1/16-Finale  FRÖMMING, Anna-Lena 7 : 5 [ARAUJO, Rafaela](#) 



1/08-Finale  FRÖMMING, Anna-Lena 3 : 1 [VETSIU, Evagelia](#)   [Video](#)

1/04-Finale  FRÖMMING, Anna-Lena 5 : 2 [HOU, Yuzhuo](#)   [Video](#)

## Croatia Open,

-57 senior


1/02-Finale  FRÖMMING, Anna-Lena 7 : 5 [RASTOVIC, Tanja](#) 



1/01-Finale  [KOTSIS, Edina](#) 13 : 3 FRÖMMING, Anna-Lena 

## 2014

### Trelleborg Open,



-62 senior

1/02-Finale  FRÖMMING, Anna-Lena 7 : 6 [KLAEY, Nina](#) 

1/01-Finale  FRÖMMING, Anna-Lena 8 : 5 [SUMMERHILL, Carla Ann](#) 

### Fujairah Open,

-57 senior

1/02-Finale  [GLASNOVIC, Nikita](#) 1 : 0 FRÖMMING, Anna-Lena 

## Rivals and results national

winner



points



loser

## 2007

### German Championships,

-38 cadets



1/02-Finale  FRÖMMING, Anna-Lena 7 : 2 [CROISSANT, Fabienne](#) 



1/01-Finale  FRÖMMING, Anna-Lena 9 : 4 [BERNHARDT, Tamara](#) 

## 2008

### German Championships,

-41 cadets



1/02-Finale  FRÖMMING, Anna-Lena 7 : 0 [HERTLEIN, Franziska](#) 



1/01-Finale  FRÖMMING, Anna-Lena 7 : 0 [SCHWABE, Anne](#) 

## 2009

### German Championships,

-51 cadets



1/02-Finale  FRÖMMING, Anna-Lena 8 : 1 [PONIATOWSKI, Mona](#) 



1/01-Finale  FRÖMMING, Anna-Lena 1 : 0 [KOCH, Annika](#) 

### German Championships,



-49 Youth A



1/02-Finale  FRÖMMING, Anna-Lena 1 : 0 [KAUPP, Angelina](#) 



1/01-Finale  FRÖMMING, Anna-Lena 1 : -1 [NEUHAUS, Tina](#) 

## 2010

### German Championships,

-52 Youth A



1/02-Finale  FRÖMMING, Anna-Lena 12 : 0 [KAUPP, Angelina](#) 



1/01-Finale  FRÖMMING, Anna-Lena 5 : 1 [POOS, Jamie Lee](#) 

## 2011

### German Championships,

-55 Youth A



1/02-Finale  FRÖMMING, Anna-Lena 9 : 1 [REES, Aline](#) 

1/01-Finale  FRÖMMING, Anna-Lena *unknown* [SEBALD, Alina](#) 

### German Championships,

-57 senior

1/02-Finale  FRÖMMING, Anna-Lena 13 : 1 [GÜRBÜZ, Fatma](#) 



1/01-Finale  FRÖMMING, Anna-Lena 6 : 4 [WASTLHUBER, Rosalie](#) 

## 2012

### German Championships,



-55 Youth A



1/02-Finale  FRÖMMING, Anna-Lena *unknown* [SCHWELGLER, Selina](#) 

1/01-Finale  FRÖMMING, Anna-Lena *unknown* [DEREV, Ekaterina](#) 

### German Championships,



-57 senior



1/02-Finale  FRÖMMING, Anna-Lena 14 : 2 [NOTHAFT, Tamara](#) 

1/01-Finale  FRÖMMING, Anna-Lena 11 : 0 [ROTENBERGER, Viktoria](#) 

### German Championships,

-57 Junior



1/02-Finale  FRÖMMING, Anna-Lena 14 : 2 [YAHIA, Yasmin](#) 



1/01-Finale  FRÖMMING, Anna-Lena 28 : 1 [HAGEMANN, Jaclyn](#) 

2013

**German Championships,**



-57 senior



1/02-Finale  FRÖMMING, Anna-Lena 15 : 0 [HAGEMANN, Jaclyn](#) 

1/01-Finale  FRÖMMING, Anna-Lena 1 : 0 [ROTENBERGER, Viktoria](#) 

**German Championships,**

-57 Junior

1/02-Finale  FRÖMMING, Anna-Lena *unknown* [YILMAZ, Murselin](#) 

1/01-Finale  FRÖMMING, Anna-Lena *unknown* [FOLGMANN, Madeline](#) 



**World Championships,**

**Trainer / Coches:**

[ESTEVEZ, Carlos](#)

[YILMAZ, Nurettin](#)

[GÜLEC, Özer](#)

1/02-Finale [KIM, Sae-Hyok](#) 13 : 7 FRÖMMING, Anna-Lena   [Video](#)