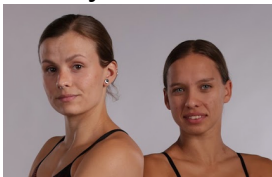
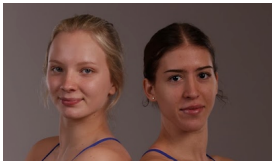


DIVING – DAY 07

WOMEN's 3m SYNCHRO – 06 August 2026

2021 European Champion	Lena Hentschel – Tina Punzel, GER, 307.29
2021 Olympic Champion	Tingmao Shi – Han Wang, CHN, 326.40
2022 World Champion	Yani Chang – Yiwen Chen, CHN, 343.14
2022 European Champion	Lena Hentschel – Tina Punzel, GER, 281.16
2023 European Champion	Desharne Bent-Ashmeil – Amy Rollinson, GBR, 279.90
2023 World Champion	Yani Chang – Yiwen Chen, CHN, 341.94
2024 World Champion	Yani Chang – Yiwen Chen, CHN, 323.43
2024 European Champion	Desharne Bent-Ashmeil – Amy Rollinson, GBR, 269.10
2024 Olympic Champion	Yani Chang – Yiwen Chen, CHN, 337.68
2025 European Champion	Kseniia Bochek – Diana Karnafel, UKR, 276.84
2025 World Champion	Jai Chen – Yiwen Chen, CHN, 325.20

TEAM	NAMES	OG	WC	EC
POL Aleksandra BLAZOWSKA Kaja SKRZEK 	Aleksandra Blazowska DoB: 02 APR 2002 (24) PoB: Sanok Residence: Rzeszów Club: KSW Stal Rzeszów Coach: Grzegorz Kozdrański Occ.: Student (sport) Height: 160cm		Results Blazowska 43. 1m 25 11. MIX-SYN-3m 24 21. 1m 24 27. 3m 24	Blazowska/Skrzek 5. SYN-3m 25 Results Blazowska 8. Mix-SYN-3m 26 <i>(Kacper Lesiak)</i> 17. 3m 26 4. Mix-SYN3m 25 (Lesiak) 10. 3m 25 2. 1m 24 13. 1m 23 16. 1m 22 22. 3m 22 23. 3m 23
	Kaja Skrzek DoB: 12 NOV 1998 (27) PoB/Residence: Rzeszow Club: KS Stal Rzeszow Coach: Andrzej Kozdaranski Occupation: Height: 165cm		Results Skrzek 21. 3m 25 25. 1m 25 9. Mix-SYN-3m 25 11. SYN-3m 25 19. 1m 24 40. 3m 24 10. Mix-SYN-3m 23 18. 1m 23 33. 3m 23 21. 1m 17 22. 3m 17	Results Skrzek 4. Team 26 8. 3m 26 14. 1m 26 4. Team 25 11. 3m 25 18. 1m 25 7. 1m 18 8. Mix-SYN-3m 18 (Lesiak) 10. 1m 16 11. 1m/3m 17 JUN-3. 3m 13
UKR Kseniia BOCHEK Diana KARNAFEL 	Kseniia Bochek DoB: 24 MAR 2009 (17) PoB / Residence: Kyiv Club: UKR National Team Coach: Illia Tseliukin Occ.: High school student Height: 165cm	Note Bochek In 2023, she debuted at the Junior Europeans. In 2024, she became European Junior champion 1m. At the 2024 Junior Worlds, she won gold in the women's SYN-3m with Diana Karnafel and bronze in the Mixed Team Event. Celebrated her senior debut 2025 in Antalya.	Bochek/ Karnafel 8. SYN-3m 25 JUN-1. SYN-3m 24 Results Bochek 23. 3m 25 44. 1m 25 JUN-3. 1m 24 JUN-3. Team 24	Bochek/ Karnafel 1. SYN-3m 25 (Karnafel) Results Bochek 3. Team 26 10. 3m 26 5. 3m 25 7. 1m 25 JUN-1. 1m 24 JUN-7. 3m 24 JUN-7. SYN-3m 24
	Diana Karnafel Dob: 08 JAN 2007 (19) PoB / Residence: Kyiv Club: UKR National Team Coach: Olga Ivanenko Occ.: University student Height: 163cm	Note Karnafel Diana made her debut at the 2021 Junior Europeans in Rijeka. Before taking up diving, she practised rhythmic gymnastics. The 2024 season was the most successful of her junior career. She made her senior national team debut at the 2024 Europeans. In Antalya 2025 she won gold in the synchronised 3m event alongside Kseniia Bochek.	Results Karnafel JUN-7. 3m 24 JUN-15- 1m 24	Results Karnafel 9. 1m 26 22. 3m 26 4. Mix-SYN-3m 26 <i>(Kyrylo Azarov)</i> 6. 3m 25 12. 1m 25 JUN-1. 1m 24 JUN-2. 3m 24

TEAM	NAMES	OG	WC	EC
ITA Chiara PELLACANI Elisa PIZZINI 	Chiara Pellacani DoB: 12 SEP 2002 (23) PoB/Residence: Rome Club: Fiamme Gialle - Nuoto / MR Sport F.lli Marconi Coaches: Domenico Rinaldi, Tommaso Marconi Height: 158cm	Results Pellacani 4. 3m 24 4. SYN-3m 24 7. SYN 3m 21 Note Pellacani Won gold so far in every competition she participated at this Championship. Could win her 5 th gold/medal in Paris today.	Pellacani/ Pizzini 5. SYN-3m 25 Results Pellacani 1. Mix-SYN-3m 25 (Matteo Santoro) 3. 1m, 3m 25 6. Team 25 2. Mix-SYN-3m 22, 24 8. SYN-3m 24 10. 3m 24 10. Team 24 33. 1m 24 3. SYN-3m 23 3. Mix-SYN-3m 23 4. 1m 22 5. 3m 23 6. 1m 23 7. Team 23 7. SYN-10m 19 9. 3m 22 9. SYN-3m 19 JUN-1. Team 21	Pellacani/ Pizzini 4. SYN-3m 25 Results Pellacani 1. 1m 26 1. 3m 26 1. Mix-SYN-3m 26 (Santoro) 1. Team 26 1. 1m 25 2. Mix-SYN-3m 25 (Santoro) 3. Team 25 4. 3m 25 1. 3m 22, 23 1. SYN-3m 18, 21, 23 1. SYN-10m 19 1. Team 22 1. Mix-SYN-3m 23 2. 3m 21 2. SYN-3m 21, 22 2. Team 21 3. 1m 21, 22 3. SYN-3m 23 3. Mix-SYN-3m 22
	Elisa Pizzini DoB: 21 JAN 2005 (21) PoB: Verona Club: Fiamme Gialle Nuoto – Circolo Canottieri Aniene Coach: Benedetta Molaioli Height: 166cm		Results Pizzini 10. 3m 25 JUN-8 1m 22 JUN-15. 3m 22 JUN-13. Team 22	Results Pizzini 4. 3m 26 5. 1m 26 7. 3m 25 10. 3m 22 14. 3m 23 JUN-2. 3m 22 JUN-1. Jump Event 22 JUN-3. 1m 22 JUN-6. SYN-3m 22
NAB Uliana KLIUEVA Nadezhda TRIFONOVA 	Uliana Kliueva DoB: 30 JUN 2002 (24) PoB: Volgograd Residence: Yuzhno-Sakhalinsk Club: Sports school "Imeni V.V.Salnikova", Yuzhno-Sakhalinsk Coach: Sergei Nazin Height: 164cm	Note Kliueva In 2022, Uliana underwent surgery on both shoulders, so she missed the whole season.	Results Kliueva 22. 3m 19 YOG-2. 3m 18	Results Kliueva 4. 1m 26
	Nadezhda Trifonova DoB: 01 AUG 2008 (18) PoB/Res.: Saint-Petersburg Club: Sports school "Nevskaia Volna", Saint-Petersburg Coach: Svetlana Ivanova Height: 170cm	Note Trifonova Celebrated her 18 th birthday on August 01		Results Trifonova 3. 3m 26 2. Team 26
GBR Yasmin HARPER Scarlett MEW JENSEN 	Yasmin Harper DoB: 28. JUL 2000 (26) PoB: Chester Residence: Sheffield Club: Sheffield Performance Centre Coach: Tom Owens Height: 165cm / 64kg	Harper/Mew Jensen 3. SYN-3m 24 Results Harper 5. 3m 24 Commonwealth Games 6. 3m 22 / 7. 1m 22 8. Mix-SYN-3m 22 Note Harper Does special nails for each event for herself and synchro partner Scarlett Mew Jensen.	Harper/Mew Jensen 2. SYN-3m 25 2. SYN-3m 23 3. SYN-3m 24 Results Harper 8. 1m 25 23. 3m 24 24. 3m 23 15. 1m 22 25. 3m 22 JUN-1. Team	Results Harper 2. 3m 26 3. 3m 22 6. 1m 22 4. Team 21 23. 1m 21
	Scarlett Mew Jensen DoB: 31 DEC 2001 (24) PoB/Residence: London Club: London Performance Centre/Dive London Coach: Alex Rochas	Results Mew Jensen 22. 3m 21	Results Mew Jensen 1. Team 24 9. 3m 23 19. 1m 19 26. 3m 19	Results Mew Jensen 20. 1m 22 15. 1m 18 6. Mix-SYN-3m 19 (Matthew Dixon) 14. 3m 19

TEAM	NAMES	OG	WC	EC
GER Lena HENTSCHEL Jette MUELLER	Lena Hentschel DoB: 17 JUN 2001 (25) PoB: Berlin Club: Berliner TSC Coach: Christian Picker Height: 155cm	Hentschel/Mueller 6. SYN-3m 24	Hentschel/Mueller 6. SYN-3m 25 6. SYN-3m-24	Hentschel/Mueller 2. SYN-3m 25
		Results Hentschel 3. SYN-3m 21 (Tina Punzel) Note Finished her studies in Columbus/USA at Ohio State University and returned to Berlin in spring. Starting in Autumn, she will join the Federal Army.	Results Hentschel 4. 3m 25 13. 1m 25 6. Mix-3m 25 (Avila) 4. Mix-SYN-3m 24 4. Team 24 6. 3m 24 18. 3m 24 3. Team 23 9. SYN-3m 23 4. SYN-3m 22 12. 3m 22	Results Hentschel 3. Mix-SYN-3m 26 (Luis Avila) 10. 1m 26 5. 3m 26 7. Team 26 1. MIX-SYN-3m 25 (Avila) 2. Team 25 3. 3m 25 1. SYN-3m 21, 22 2. SYN-3m 18, 19, 23 12. 3m 22 4. 1m 19 4. 3m 23 5. 1m 23, 25 JUN-1. 1m, 3m 16
	Jette Mueller DoB: 01 MAR 2003 (23) PoB: Rostock Club: Dresdner SC 1898 Coach: Shabaz Shanazi Occupation: Sports soldier, Student (communications and media) Height: 159cm	Results Mueller 20. 3m 24 University Games 1. Team 25 3. SYN-3m 25 4. 3m 25 Note In the autumn of 2024, Jette moved to the Dresden training base; a year later, she also changed club colors and has since been competing for Dresdner SC. Lives and trains in Dresden.	Results Mueller 13. 3m 25 8. Team 25 4. 1m 24 7. 1m 22 10. 1m 23 JUN-1. 1m 21 JUN-1. 3m 21	Results Mueller 6. 3m 26 4. 1m 22 7. 1m 23

Medallists at Recent Major Championships

2024 Doha (WCh) 1 323.43 Chang-Chen, CHN 2 300.45 Keeney-Smith, AUS 3 281.70 Harper-Mew Jensen, GBR	2024 Belgrade (ECh) 1 269.10 Bent Ashmeil-Rollinson, GBR 2 258.75 Janmyr-Widerstrom, SWE 3 243.33 Gillet-Landi, FRA	2024 Paris (OG) 1 337.68 Chang-Chen, CHN 2 314.64 Bacon-Cook, USA 3 302.28 Harper-Mew Jensen, GBR	2025 Antalya (ECh) 1 276.84 Bochek-Karnafel, UKR 2 265.95 Hentschel-Mueller, GER 3 264.90 Bent-Ashmeil-Rollinson, GBR	2025 Singapore (WCh) 1 325.50 J.Chen-Y-Chen, CHN 2 298.35 Harper-Mew Jensen, GBR 3 294.36 L.Cueva L.-M.Cueva L., Mex
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