

*NRD – country  
of sport miracle*



# *NRD – what was that?*

## *Where was it?*

- NRD – German Democratic Republic
- Country in the middle of Europe
- It was established in 1949 previously it was a soviet occupation zone after the second world war
- Population 16,11 mln
- It was liquidated in 1990. Country joined to Germany



# *NRD's sportsmen – Olympics multimedalists*

At 11 Olympics Games East German sportsmen won 519 medals (192 gold ones). This achievement was possible because of special plan led by the government. The name of the plan was: „14.25“.



# *NRD's GOVERNMENT INVITATIONS*

Communist government wanted to have the best sportsmen in the world because of political reasons. Communism had to be better than capitalism so even the sportsmen had to be better. To achieve this goal the government invited youth to join the „14.25” project. They didn't hesitate – it was an opportunity to have better life in these dark times.



# *Who was responsible for that?*

- The brain of the whole idea was Walter Ulbricht
- The institution that took care of draft and coaching system was KJS (Kinder und Junge Schule)



Walter Ulbricht

# *Turinabol – where the success came from*

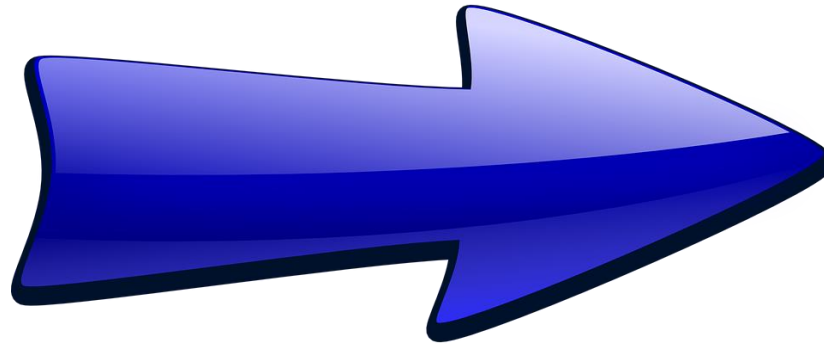
- Turinabol – it was a steroid, it contained testosterone
- It was given to the children involved in project „14.25” **before every meal**
- These substances were highly dangerous for health
- Blue pills – 5 mg of testosterone, pink ones – 1 mg



*To warn you...*



Was  
Heidi  
Krieger



Became  
Andreas  
Krieger



# Heidi's Krieger success

Year	Event	Place	Rank	Result
1983	European Junior Championships	<a href="#">Schwechat</a>	1st place	18,06 (shot put)
				60,14 (discus)
1984	Indoor European Championships	<a href="#">Göteborg</a>	3rd place	20,18
1986	Indoor European Championships	<a href="#">Madryt</a>	2nd place	20,2
1986	European Championships	<a href="#">Stuttgart</a>	1st place	21,10
1987	Indoor European Championships	<a href="#">Liévin</a>	2nd place	20,02
1987	Indoor World Championships	<a href="#">Indianapolis</a>	4th place	20,00





# *Other sportsmen*

- Heidi Krieger (shot put)
- Carola Nitschke (swimming)
- Marita Koch (sprint)



Carola  
Nitschke



Marita  
Koch

*Thanks for watching ;)*