

Milestones



1993 born on March 11, 1993 in Berchtesgaden.

1996 Toni first got on skis at the age of three.

2000 as a seven-year-old, he went on his first ski tour.

2009 at the age of just 16, he became German Champion in the senior category and decided to pursue ski mountaineering as a competitive sport.

Competing in the cadet class (U18), Toni won gold in the individual and silver in the vertical at his first European Championships in Tambre (ITA).

2010 Toni won two gold medals in the individual and vertical races at the World Championships in Andorra and finished the season as U18 World Cup overall champion.

Mountain Running: Toni achieved his biggest international success in his youth career, winning a silver medal at the Mountain Running European Championships in Turkey, the first individual European medal for the German Athletics Association in mountain running since 2005.

2011 he became double Junior World Champion (U21) in the individual and sprint events at the World Championships in Claut (ITA), as well as Vice World Champion in the vertical race. He also won the Junior World Cup overall title.

2012 Toni won two more Junior European Championship titles in Pelvoux (FRA) and secured the Junior World Cup overall title.

Mountain Running: 6th World Championships, U20, ITA

2013 Toni won two gold medals and one silver medal at the Junior World Championships (U21) in Pelvoux (FRA).

Mountain Running: Just 20 years old, he became German Champion in the traditional Hochfelln Mountain Run and finished in the top 10 in an international field alongside reigning European and World Champions.

2014 After four undefeated years in the youth World Cup, Toni finally competed against the men, earning his first World Cup podium and a sixth-place finish in the overall World Cup standings. He dominated the Espoir (U23) category and won the U23 overall World Cup title.

At the age of 21, he received a sports sponsorship from the German military and has been able to fully concentrate on sports since then.



2015 Toni celebrated his first elite World Cup victory in the individual race in Puy-Saint-Vincent and crowned the season with the Vice World Champion title in the vertical race in Verbier. This means that he has finally arrived among the world's elite. The same year he also became a triple world champion in the U23 category.

Together with Damiano Lenzi, he wins the prestigious Sellaronda Skimarathon with a course record.

2016 Toni achieved several World Cup podium finishes in all 3 disciplines (Individual, Vertical & Sprint) and secured 3rd place in the overall World Cup.

Mountain Running: Victory at the Red Bull Dolomitenmann with his team mates.

2017 he pulverized the course record of the Mountain Attack in Saalbach and crowned the season with his Vice World Championship title in the sprint and winning the World Championship bronze medal in the individual race. With this Toni impressively proves that he is one of the world's best all-rounders.

Mountain Running: Strong 2nd place at the international top-class WMRA Mountain Running World Cup at Hochfelln.

2018 Toni was twice on top of the World Cup podium with two World Cup victories in vertical, winning the Vertical Overall World Cup, the first small crystal globe of his career.

Mountain Running: 2nd place at the Großglockner Mountain Run, WMRA Mountain Running World Cup.

2019 Toni finished the season as runner-up in the overall World Cup as well as in the vertical discipline World Cup. The basis for this: two World Cup victories, a second place and constant placements among the top 5.

Mountain running: SWinner of the 15k prologue at the internationally strong adidas Infinite Trails.

2020, the majority of the competitions were canceled due to Corona. The emotional highlight of the winter was the first German ISMF World Cup in Berchtesgaden, with Toni as the local hero and media face of the event.

Mountain running: New record time (FKT) on the legendary Watzmann crossing. In only 02:47 hrs he mastered the 2300 meters in altitude and 23 kilometers long, partly high alpine tour.

2021 Toni crowned his 12-year career in ski mountaineering with another runner-up World Champion title in the vertical race in Andorra, his last race as a professional ski mountaineer.

From April 01, 2021 Toni started his second career as a professional road cyclist in the UCI WorldTour Team BORA-hansgrohe.

Results in Ski Mountaineering



- 2nd place in the ISMF Overall World Cup (2018/19)
- Winner of the ISMF Overall World Cup in the discipline Vertical (2017/18)
- World Championship medals in all 3 disciplines:
 - > Silver medal in Vertical (2021)
 - > Silver medal in Sprint (2017)
 - > Bronze medal in Individual (2017)
 - > Silver medal in Vertical (2015)
- Numerous ISMF World Cup victories in all three disciplines (Individual, Vertical, Sprint) (2015-2018)
- Mountain Attack winner, with course record (2017)
- Sella Ronda Skimarathon winner, with course record (2015)
- Multiple German Champion
- Successes in youth
 - > Espoir (U23): 3x World Champs gold, 4x European Champs gold
 - > Junior (U21): 4x World Champs gold. 2x silver, 2x European Champs gold
 - > Cadet (U18): 2x World Champs gold, 1x European Champs gold, 1x silver

<https://www.skimostats.com/athlete/anton-palzer>

Results in Mountain Running

- 2nd place at Großglockner Mountain Run, WMRA Mountain Running World Cup (2018)
- 2nd place Hochfeln Mountain Run, WMRA Mountain Running World Cup (2017)
- 1st place adidas Infinite Trails 15k (2019)
- 1st place at the Red Bull Dolomitenmann (2017)
- Vice World Champion at the Red Bull 400 (2017)
- Watzmann crossing in record time 02:47:08 hrs (2020)

