

## Lorenzo Carboncini [en]

**Place of birth:** Empoli (Florence) **Date of birth:** 22 September 1976 **Height:** 191 cm **Weight:** 86 kg **Sport:** Rowing **Event:** Men's coxless pair **Occupation:** Police officer (rank: Assistente) **Original club:** Canottieri Limite **Present club:** Fiamme Oro **Coach:** Valter Molea

Lorenzo was born on September 22, 1976 in Empoli, near Florence, and started rowing in 1985 at the rowing club of his hometown Limite sull'Arno, trained by Renzo Borsini.

At the beginning he took rowing just for fun, but then it rowing became a passion and eventually his job. He is part of the police sports group Fiamme Oro, under the technical tutelage of Valter Molea.

He has already competed in three Olympics. His first time was in Atlanta 1996: he was in his early twenties and ranked ninth in the eight; his second Olympic appearance was in Sidney 2000 when he won a silver medal in the coxless four. After the exclusion for technical reasons from the Olympic Games in Athens 2004, he was gold medallist in the coxed four rowing event at the World Championships. Then he qualified for Beijing 2008, where his coxless four came eleventh.

If asked, Lorenzo says he hasn't got any special secret to reduce the stress before important competitions, he just tries to do his best in every race. Among his best achievements, available in his personal record, there also 11 Italian titles.

### Results

**Olympic Games 2012 - Londra (Gran Bretagna) - 4th place - Men's Pair (M2-)** 2008 - Beijing (China) - 11th place - Men's Coxless Four (M4-) 2000 - Sidney (Australia) - Silver - Men's Coxless Four (M4-) 1996 - Atlanta (United States) - 9th place - Men's Eight (M8+)

**World Championships** 2011 - Bled (Slovenia) - Bronze - Men's Coxless Pair (M2-) 2007 - Munich (Germany) - Silver - Men's Coxless Four (M4-) 2006 - Eton (Great Britain) - Silver - Men's Eight (M8+) 2005 - Gifu (Japan) - Silver - Men's Eight (M8+) 2004 - Banyolas (Spain) - Gold - Men's Coxless Four (M4-) 2002 - Siviglia (Spain) - Bronze - Men's Coxless Four (M4-) 2001 - Lucerna (Switzerland) - Silver - Men's Coxed Pair (M2+) 1999 - Bronze - Men's Coxless Four (M4-) 1998 - Bronze - Men's Coxless Four (M4-) 1997 - Silver - Men's Coxless Pair (M2-) 1995 - Bronze - Men's Coxed Four (M4+)

**European Championships** 2011 - Plovdiv (Bulgaria) - Silver - Men's Coxless Pair (M2-) 2010 - Montemor (Portugal) - Silver - Men's Coxless Pair (M2-)

**World Cup** 2006 - Lucerne (Switzerland) - Silver - Men's Eight (M8+) 2003 - Lucerne (Switzerland) - Silver - Men's Coxless Four (M4-) 2003 - Milan - (Italy) - Silver - Men's Coxless Four (M4-) 2002 - Lucerne (Switzerland) - Silver - Men's Coxless Four (M4-) 2002 - Hazewinkel (Belgium) - Silver - Men's Coxless Pair (M2-) 2000 - Lucerne (Switzerland) - Gold - Men's Coxless Four (M4-)

**Italian National Championship** Gold medal 2005 Men's Single Sculls (M1x) - 2003 Men's Coxless Four (M4-) - 2002 Men's Coxless Four (M4-) - 2001 Men's Coxless Four (M4-) - 2000 Men's Coxless Pair (M2-) - 1999 Men's Coxless Pair (M2-) and Men's Coxless Four (M4-) - 1998 Men's Eight (M8+) - 1997 Men's Eight (M8+) - 1996 Men's Coxed Four (M4+)

**D'Aloja Memorial International Rowing Regatta - Piediluco (Terni)** Gold medal 2008 Men's Coxless Four (M4-) - 2006 Men's Coxless Four (M4-) - 2005 Men's Single Sculls (M1x) - 2004 Men's Coxless Four (M4-) and Men's Eight (M8+) - 2003 Men's Coxless Four (M4-) - 2002 Men's Coxless Four (M4-) - 2001 Men's Eight (M8+) - 2000 Men's Coxless Four (M4-)

Silver medal 2008 Men's Coxless Four (M4-) - 2003 Men's Eight (M8+) - 2001 Men's coxless pair (M2-) - 2000 Men's Coxless Four (M4-) and Men's Eight (M8+)

