

Chris Harmat



# Portfolio

The world is a toy. I make it a story.



My name is Chris Harmat.

I am a world champion in  
Parkour and one of the  
fastest Freerunners in  
the world.

Place of Birth: Basel, CH  
Date of Birth: 12/25/91  
Size: 182 cm / 5 ft 12 in  
Weight: 73 kg / 160 lb 15 oz  
Languages: German, Hungarian,  
Swiss German, English, French

# Parkour

A photograph of a parkour athlete in mid-air, performing a backflip over a concrete building. The athlete is silhouetted against a bright sky. The building has a modern, industrial aesthetic with large concrete blocks. To the right, a portion of a classical-style building with a window and a balcony is visible.

I started my professional career in 2009 at the age of 17. Then I had just won my first world championship in Parkour. I successfully competed in the worlds biggest freerunning events since. In 2019 I reached one of the pinnacle moments in my career by winning the Total World Cup (category: Speed). The sport keeps evolving & so do I: In 2024 Parkour will be included in the Olympic Games and it is my personal goal to win one of the first Olympic Medals in the history of the sport.



Parkour represents freedom, precision & a playful relationship with the world in its purest form. Parkour athletes can create a story around daily life with few words but the art of motion that both impresses and fascinates.

This is why I have started to work increasingly with businesses & communities to promote their vision in commercials, help revive urban areas or educate & entertain with shows & workshops that highlight how freerunning is synonymous for problem solving across all areas in life.

I am always looking for new partnerships & would be happy to support you in your own endeavours.

## Selected Awards & Successes

2009: 1. Place World Championship Parkour Speed, Berlin  
2017: Basler Jugendpreis  
2018: 3. Place World Cup Parkour Speed, Hiroshima, Japan  
2018: 3. Place Hop the block  
2018: 2. Place Ashigaru Competition (Cat. Skills)  
2018: 2. Place Ninja Warrior Germany (Team)  
2019: Ninja Warrior Germany Finalist (Single)  
2019: 2. Place World Cup Parkour Speed, Chengdu, China  
2019: 1. Place World Cup Parkour Speed, Hiroshima, Japan  
2019: 2. Place World Cup, Parkour Speed, Montpellier, France  
2019: 2. Place Ninja Warrior Germany (Team)  
2019: Total World Cup Winner

Parkour is the most popular sport on social media. It especially attracts a young audience who's attention is hard to grasp. Over the years I gathered a strong social media presence:

Instagram: 30 000 Follower

TikTok: 112 000 Follower

Youtube: 7 000 Follower

Overall Follower base ~ **150 000**

Main age range: **13 - 34 years.**

The largest proportion of my followers is located in **Switzerland.**

This base is continuously increasing also due to my recent successes in the TV format **Ninja Warrior.** The content is focussed on sports, fitness, health, lifestyle & entertainment.

# Social Media





Parkour athletes can create a story around any situation in life. That makes them ideal promoters for brands & their vision.

I had previous engagements as actor & stuntman with:

BMW

Coop

Ecco

Gudan Garam

HIAG AG

Jaguar

Jungheinrich

Migros AG

Olympus

Red Bull

Torino Blond

Skechers

...

## TV Appearances

2011 Die grössten Schweizer Talente (SRF)

2012 Glanz und Gloria (SRF)

2015 Einstein (SRF)

2016 Sommerchallenge (SRF)

2016 Die Parkour Profis (SRF)

2018 Ninja Warrior Germany (RTL)

2018 Team Ninja Warrior Germany (RTL)

2018 Ninja Warrior Switzerland (TV24)

2018 Ninja Warrior Hungary

2019 Ninja Warrior Germany (RTL)

2019 Team Ninja Warrior Germany (RTL)

2019 World Chase Tag

2019 Ninja Warrior Switzerland (TV24)

# Commercials

# Sponsors

I am currently sponsored by:

- G-SHOCK Switzerland
- GoPro Switzerland
- Vitamin Well Switzerland

I also produce targeted content for companies, sport centers (e.g. Swiss Mega Park, FlipLab) & my own streetwear clothing brand FLIP United.





# Interested in working with me?

You can directly support me as a sponsor or hire me:

- as stuntman
- for commercials
- for workshops
- for shows
- to revive urban areas
- as brand ambassadeur
- as motivational speaker





# Contact Me!

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instagram: [@harmatchris](https://www.instagram.com/harmatchris)

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*I make it your story.*