

**Abdi Abdirahman (USA)**

DOB: 1977

**Personal Bests:** 5000m: 13:13.32 (2005); 10000m: 27:16.9 (2008)

Half marathon: 1:01:07 (2006); Marathon: 2:08:56 (2006)

**International Championships Highlights:**10000m: 15<sup>th</sup> in 2004 & 2008 Olympics; 10<sup>th</sup> in 2000 OG; 7<sup>th</sup> in 2007, 13<sup>th</sup> in 2005, 19<sup>th</sup> in 2001 WCWorld Cross Country Champ: Long: 34<sup>th</sup> in 2004; 35<sup>th</sup> in 2003, 11<sup>th</sup> in 2002; 15<sup>th</sup> in 2001; 45<sup>th</sup> in 2000**Progressions (since 2006):**

Year	5000m	10000m	Half Marathon	Marathon
2012			1:02:46	2:09:47
2011		28:57.79	1:03:12	
2010	13:35.66			
2009	13:26.27	28:35.79	1:02:51	2:14:00
2008	13:23.79	27:16.99	1:01:33	2:14:17
2007	13:33.68	27:31.46		
2006	13:18.89	27:22.81	1:01:07	2:08:56

**Marathon career**

	Time	Race	Place	Date
	2:09:47	USOT – Houston	3 <sup>rd</sup>	14 Jan 2012
	2:14:00	New York	9 <sup>th</sup>	1 Nov 2009
	2:14:17	New York	6 <sup>th</sup>	3 Nov 2008
	DNF	Olympic Trials	DNF	3 Nov 2007
Personal Best	<b>2:08:56</b>	Chicago marathon	4 <sup>th</sup>	22 Oct 2006
	2:11:24	New York marathon	5 <sup>th</sup>	6 Nov 2005
Debut	2:17:09	New York marathon	14 <sup>th</sup>	7 Nov 2004

**2012 Results**

Date	Race	Distance	Place	Time
16 June	Garry Bjorklund half marathon - Duluth	Half marathon	1 <sup>st</sup>	1:02:46
12 May	Healthy Kidney 10K – New York	10Km	5 <sup>th</sup>	28:56
25 Mar	Shamrock Shuffle 8K – Chicago	8Km	3 <sup>rd</sup>	23:30
14 Jan	USOT – Houston	Marathon	3 <sup>rd</sup>	2:09:47

**2011 Results**

Date	Race	Distance	Place	Time
2 Oct	Twin Cities 10 Mile	10 Miles	6 <sup>th</sup>	47:00
5 Sept	New Haven Road Race 20K	20Km	1 <sup>st</sup>	1:00:12
14 Aug	Falmouth Road Race	7 mile	5 <sup>th</sup>	32:43
30 July	Quad City Times Bix 7 – Davenport	7 mile	6 <sup>th</sup>	33:47
4 July	Peachtree - Atlanta	10Km	9 <sup>th</sup>	28:35
23 June	USTF Championships - Eugene	10000m	15 <sup>th</sup>	28:57.79
14 May	Healthy Kidney 10K – New York	10Km	14 <sup>th</sup>	29:44
20 Mar	NYC half marathon	Half Marathon	19 <sup>th</sup>	1:03:12
5 Feb	USA Cross Country Championships – San Diego	12Km	29 <sup>th</sup>	38:00

**2010 Results**

Date	Race	Distance	Place	Time
15 May	Healthy Kidney 10K – New York	10Km	6 <sup>th</sup>	28:35
1 May	Payton Jordan Cardinal Invitational – Palo Alto	5000m	4 <sup>r1</sup>	13:35.69
21 Mar	NYC half marathon	Half marathon	DNF	DNF

### 2009 Results

Date	Race	Distance	Place	Time
1 Nov	New York City Marathon	Marathon	9 <sup>th</sup>	2:14:00
4 Oct	Twin Cities 10 mile – Minneapolis	10 mile	1 <sup>st</sup>	46:35
16 Aug	NYC Half Marthon	Half Marathon	4 <sup>th</sup>	1:02:51
24 July	London GP	5000m	7 <sup>th</sup>	13:33.79
8 July	Night of Athletics – Heusden	5000m	4 <sup>th</sup> rB	13:26.27
4 July	Peachtree Road Race - Atlanta	10Km	6 <sup>th</sup>	28:11
25 June	US National – Eugene	10000m	8 <sup>th</sup>	28:35.79
16 May	Healthy Kidney 10Km – New York	10Km	11 <sup>th</sup>	29:02

### 2008 Results

Date	Race	Distance	Place	Time
3 Nov	New York City Marathon	Marathon	6 <sup>th</sup>	2:14:17
5 Oct	BUPA Great North Run – Newcastle to South Shields	Half marathon	3 <sup>rd</sup>	1:01:33
17 Aug	Olympic Games – Beijing	10000m	15 <sup>th</sup>	27:52.53
4 July	US Olympic Trials	10000m	1 <sup>st</sup>	27:41.89
8 June	Prefontaine – Eugene	10000m	7 <sup>th</sup>	27:16.99
4 May	Cardinal Invitational – Palo Alto	5000m	5 <sup>th</sup>	13:23.79
5 Apr	US Men's 10K Champ – Richmond	10Km	1 <sup>st</sup>	28:32