

Abderrahim Bouramdane (MAR)

DOB: 1 Jan 1978;

Personal Bests: Half Marathon: 1:02:40 (2010); Marathon: 2:07:33 (2010)**International Championships Highlights:**Marathon: 4th in 2011, 45th in 2007 World Championships; 26th in 2008 Olympic Games;**Progressions:**

Year	5000m	10000m	Half Marathon	Marathon
2012			1:04:28	2:10:13
2011			1:03:47	2:08:42
2010			1:02:40	2:07:33
2009			1:04:08	
2008				2:09:04
2007				2:08:20
2006				2:10:41
2005				2:15:16

Marathon Career

	Time	Race	Place	Date
	2:10:13	London	11 th	22 Apr 2012
	2:10:55	World Championships – Daegu	4 th	4 Sept 2011
	2:08:42	London	7 th	25 Apr 2011
	2:14:07	New York	10 th	7 Nov 2010
Personal Best	2:07:33	London	4 th	25 Apr 2010
	2:12:14	New York	5 th	1 Nov 2009
	DNF	Lake Biwa	DNF	1 Mar 2009
	2:13:33	New York Marathon	5 th	3 Nov 2008
	2:17:42	Olympic Games – Beijing	26 th	24 Aug 2008
	2:09:04	Boston	2 nd	21 Apr 2008
	2:08:20	Seoul	2 nd	4 Nov 2007
	2:33:26	WC – Osaka	45 th	25 Aug 2007
	2:10:41	Ottawa	2 nd	27 May 2007
	2:10:41	Toronto	2 nd	24 Sept 2006
	2:12:18	Ottawa marathon	1 st	28 May 2006
	2:18:46	Francophone Games – Niamey	3 rd	16 Dec 2005
	DNF	WC – Helsinki	DNF	13 Aug 2005
	2:15:16	Marrakech marathon	1 st	16 Jan 2005
	2:15:38	Tunis Marathon	1 st	11 Nov 2004
	Not Timed	Casablanca (short course)	3 rd	14 Mar 2004

2012 Results

Date	Race	Distance	Place	Time
24 June	BAA 10K	10Km	DNF	DNF
22 Apr	London Marathon	Marathon	11 th	2:10:13

18 Mar	New York City Half Marathon	Half Marathon	27 th	1:04:28
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2011 Results

Date	Race	Distance	Place	Time
30 Oct	Great South Run 10 Miles – Southsea to Portsmouth	10 Mile	6 th	48:21
23 Oct	Great Birmingham Run	Half Marathon	3 rd	1:03:57
4 Sept	World Championships – Daegu	Marathon	4 th	2:10:55
31 July	Media Maraton Internacional Bogota	Half Marathon	DNF	DNF
10 July	Utica Boilermaker	15Km	16 th	47:43
15 May	Great Manchester Run	10Km	12 th	29:17
25 Apr	London Marathon	Marathon	7 th	2:08:42
20 Mar	Meia-Maratona Internacional de Lisboa	Half Marathon	9 th	1:03:47

2010 Results

Date	Race	Distance	Place	Time
7 Nov	New York City Marathon	Marathon	10 th	2:14:07
19 Sept	Great North Run – Newcastle to South Shields	Half marathon	5 th	1:02:40
25 Apr	London Marathon	Marathon	4 th	2:07:33
21 Mar	NYC Half Marathon	Half marathon	12 th	1:03:29

2009 Results

Date	Race	Distance	Place	Time
1 Nov	New York City Marathon	Marathon	5 th	2:12:14
16 Aug	NYC Half Marathon	Half Marathon	6 th	1:04:08
23 Mar	MDS Nordion 10K - Ottawa	10Km	10 th	29:17.8
16 May	Healthy Kidney 10K – New York	10Km	13 th	29:15
1 Mar	Lake Biwa marathon	Marathon	DNF	DNF

2008 Results

Date	Race	Distance	Place	Time
3 Nov	New York City Marathon	Marathon	5 th	2:13:33
24 Aug	Olympic Games – Beijing	Marathon	26 th	2:17:42
24 May	MDS Nordion 10-K – Ottawa	10Km	10 th	29:47
21 Apr	Boston Marathon	Marathon	2 nd	2:09:04