



# Abdisamed Abdi

## PERSONAL BEST

- ⇒ 5,000M – 13:40.81(07/19)
- ⇒ 10,000M – 29:54.86 (03/09)
- ⇒ 10 Mile --- 47:44
- ⇒ 1/2 marathon – 1:03:19 (09/19)

## CAREER HIGHLIGHTS

### Professional

- 2019 – USATF 10 Mile championships 10<sup>th</sup> place 47:44
- 2019 – Indianapolis Monumental Half Marathon 2<sup>nd</sup> place 1:03:19

### Collegiate

- Oklahoma State University 2016-2019
- Major: Management
- Major: Marketing

South Plains college 2014-2016

- Four time NCAA Division 1 All American
- Team Champions 2008
- 4X Big12 Champion
- 14 time NJCAA All-American
- NJCAA Half-marathon Record Holder 64:55

## Hansons 2019

Abdisamed Abdi

Focus: 10K & Half Marathon

D.O.B: 06/02/1994

Height: 5' 10"

Hometown: Amarillo, TX



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Hansons-Brooks Athlete

[For more information log onto [www.Hansons-Running.com](http://www.Hansons-Running.com)]

*An environment for the long run!*