

Ashley Tollakson

(D.O.B. 10-18-83)

Running Resume



Personal Records

Marathon: 2:44:09 at Twin Cities Marathon 2010

Half Marathon: 1:19:29 at Des Moines Half Marathon 2009

20K: 1:16:42 at Dam to Dam in Iowa 2010

10 miles: 1:00:28 at Capital Pursuit in Des Moines, Iowa 2008

10K: 35:50 at Friendly Sons of St. Patrick in Des Moines, Iowa 2009

8K: 27:50 at Norwalk 8K 2010

5K: 17:31 at Urbandale 4th of July 5K 2008

Recent Running Victories/Successes

Twin Cities Marathon 2010 – 11th Place (2:44:09)

Midnight Madness 10K 2010 – 1st Place (35:54)

Norwalk 8K 2010 – 1st Place (27:50)

Lincoln Marathon 2009 – 1st Place (2:50:06)

Des Moines Half Marathon 2009 – 3rd Place (1:19:29)

Des Moines Marathon 2008 – 4th Place (2:58:50)

Austin Marathon 2007 – 6th Place (3:01:11)

Capital Pursuit 10 Mile State Championship 2008 – 1st Place (1:00:28)