

ELITE ATHLETE BIOGRAPHY



JULIA KOHNEN

Birthdate: July 29, 1992

Citizenship: United States of America

Birthplace: St. Louis, MO, USA

Resides: St. Louis, MO, USA

Height: 5'8"

Weight: 125 lbs.

Coach: Ben Rosario | NAZ ELITE

Athlete Representative: NES Consulting - Neil Segel



HOKA
NORTHERN
ARIZONA ELITE



PERSONAL RECORDS

Marathon	2:29:58 (Marathon Project; Phoenix, AZ; 2021)
Half Marathon	1:11:04 (Houston Half-Marathon; Houston, TX; 2020)
5,000m	16:25 (GO! St. Louis All American; 2019)
1mi. Road	4:38 (Macklind Mile Road Race; 2019)

CAREER OVERVIEW

Collegiate

Student athlete at the University of Southern Indiana on the women's soccer team, serving as team captain junior and senior year. Kohnen was a four-time Academic All-Conference athlete. Her fifth year (2014-2015), while pursuing her MBA, Kohnen competed in cross-country, and track, where she became a four-time All-American, and finished her first-ever season of running ranked 10th in the nation in Cross-Country, 7th in the indoor 5,000m, 5th in the outdoor 5,000m, and 2nd in the outdoor 10,000m.

CAREER OVERVIEW (CONTINUED)

Professional

Post-collegiately, Kohnen is a three-time overall champion of the Go! St. Louis Half Marathon (2015, 2016, 2017), and won the Missouri Cowbell Full Marathon in 2017 and Half-Marathon in 2018. She made her first Olympic qualification finishing 2:39 at the 2017 Chicago Marathon. She placed Top-8 at the Iowa Bix 7 Dash in July 2019 and followed that with an overall win at the Twin Cities Marathon with a time of 2:31.29 in October 2019, where she broke into the national elite running scene with her Olympic trials qualifying time. She made the Olympic trials standard again in the Houston Half-Marathon with a time of 1:11.04 in January 2020. At the 2020 U.S. Olympic Marathon Team Trials, Kohnen finished 10th overall, besting a star-studded field and beating several past Olympians.

PERSONAL

Kohnen lives and trains in Flagstaff, AZ. She has two adorable dogs Dunkin and Dash that she rescued, and when not playing with them, she loves traveling and racing across the country, connecting with other athletes and being a brand ambassador for her sponsors that have invested in her success.

CONTACT

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SOCIAL MEDIA

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