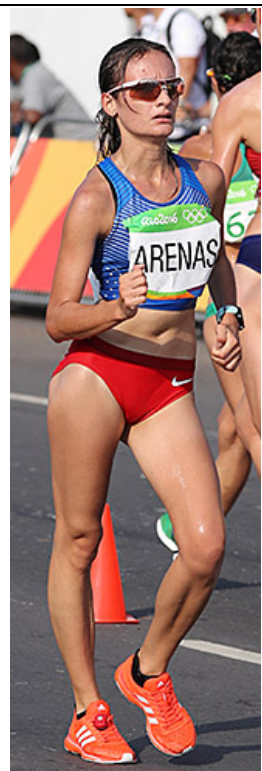


ARENAS SANDRA

17 - 09 - 1993



Personal Best

5 km. (track)	23:44.80	Medellín (Col)	12.04.2014
10 km. (track)	42:02.99	Trujillo (Per)	25.08.2018
10 km. (road)	43:16	Suzhou (Chn)	23.09.2017
20 km. (track)	1:31:02.25	Lima (Per)	13.06.2015
20 km. (road)	1:28:03	Lima (Per)	04.08.2019

Ranking 10.000 Mt. track

(average = 45:20.52)

01	42:02.99	Trujillo	25.08.2018
02	43:41.51	Camberra	28.01.2019
03	44:58.26	Sao Paulo	01.08.2014
04	45:01.00	Medellín	11.04.2015
05	45:16.53	Camberra	09.01.2019
06	45:44.46	Barcelona	11.07.2012
07	46:00.54	Cartagena	15.06.2013
08	46:04.90	Bello	04.02.2012
09	46:43.40	Medellín	19.05.2013
10	47:22.68	Medellín	25.09.2011

Ranking 20 km.

(average = 1:29:04)

01	1:28:03	Lima	04.08.2019
02	1:28:10	London	13.08.2017
03	1:28:24	La Coruña	05.06.2021
04	1:28:48	Dudince	24.03.2018
05	1:28:49	Adelaide	10.02.2019
06	1:29:31	Rome	07.05.2016
07	1:29:37	Sapporo	06.08.2021
08	1:30:00	Rio Maior	06.04.2019
09	1:30:11	Taicang	05.05.2018
10	1:30:18	Taicang	03.05.2014

Career Highlights

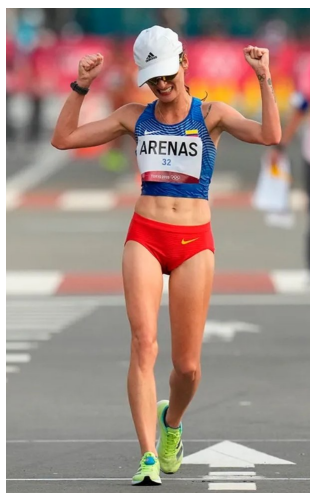
20 km.

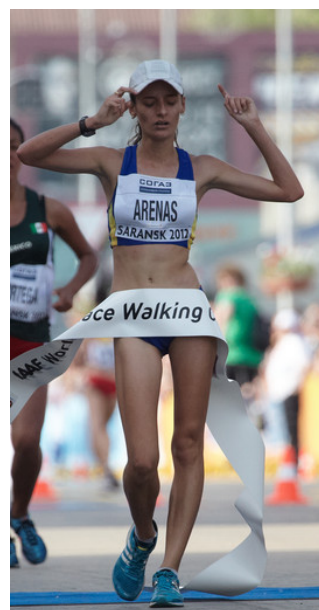
Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup
2012 = 30° 2016 = 32° 2021 = 2°	2013 = 20° 2015 = 19° 2017 = 5° 2019 = 5°	2014 = 25° 2016 = 10° 2018 = 15°	2015 = 4° 2019 = 1°	2013 = 2° 2017 = 4°

10 km.

World Under 20 Championships	World Under 20 Cup	Pan American Under 20 Games
2012 = 3°	2012 = 1°	2011 = 1°

* update at 31 December 2021





OTHERS RESULTS 20 KM.

11	(t) 1:31:02	Lima	13.06.2015	27	1:34:14	Taicang	01.05.2014
12	1:31:13	Rio Maior	01.04.2017	28	1:34:16	Doha	29.09.2019
13	1:31:44	Suzhou	24.09.2018	29	1:34:23	Trujillo	28.11.2013
14	(t) 1:31:46	Santiago	13.03.2014	30	1:34:31	Pitalito	18.02.2018
15	1:32:15	Lima	13.05.2017	31	1:34:51	Cali	18.11.2915
16	1:32:25	Moskva	13.08.2013	32	1:35:14	Guatemala City	25.05.2013
17	1:32:30	La Coruña	31.05.2014	33	1:35:40	Rio de Janeiro	19.08.2016
18	(t) 1:32:31	Medellín	06.10.2013	34	1:36:29	Veracruz	23.11.2014
19	1:32:36	La Coruña	09.06.2012	35	(t) 1:36:48	Medellín	23.04.2011
20	1:32:36	Toronto	19.07.2015	36	1:36:55	Ciudad Juárez	06.03.2016
21	1:32:39	Santa Marta	22.11.2017	37	(t) 1:39:39	Medellín	28.06.2014
22	1:32:52	Ciudad Juárez	12.03.2017	38	1:43:45	Bogotá	25.01.2014
23	1:33:21	London	11.08.2012	39	1:45:43	Bogotá	28.03.2015
24	1:33:24	Chihuahua	22.02.2014	40	1:46:34	Cartagena de Indias	27.11.2019
25	1:33:24	Beijing	28.08.2015	41	(t) 1:48:36	Bogotá	07.05.2011
26	(t) 1:33:51	Medellín	11.06.2017	42	1:49:16	Bogotá	13.04.2013

