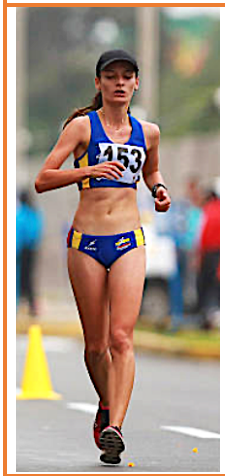
ARENAS SANDRA

17 - 09 - 1993



Personal Best

5.000 mt.	*(track)*	**21:30.33**	Melbourne (Aus)	05.03.2023
10.000 mt.	*(track)*	**42:02.99**	Trujillo (Per)	25.08.2018
10 km.	*(road)*	**43:16**	Suzhou (Chn)	23.09.2017
20.000 mt	*(track)*	**1:31:02.25**	Lima (Per)	13.06.2015
20 km.	*(road)*	**1:27:03**	Paris (Fra)	01.08.2024
35 km.	*(road)*	**2:44:17**	Nomi (Jpn)	16.03.2025

Ranking 20 km. (average = 1:28:15)

01	***1:27:03***	Paris	01.08.2024	06	***1:28:16***	Taicang	01.03.2025
02	***1:27:25***	Adelaide	11.02.2024	07	***1:28:24***	La Coruña	05.06.2021
03	***1:28:02***	Nomi	19.03.2023	08	***1:28:48***	Dudince	24.03.2018
04	***1:28:03***	Lima	04.08.2019	09	***1:28:49***	Adelaide	10.02.2019
05	***1:28:10***	London	13.08.2017	10	***1:29:31***	Roma	07.05.2016

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup
2012 = 29°	2013 = 19°	2014 = 24°	2015 = 4°	2013 = 2°
2016 = 32°	2015 = 19°	2016 = 10°	2019 = 1°	2017 = 4°
2021 = 2°	2017 = 5°	2018 = 15°		
2024 = 4°	2019 = 5°			
	2023 = Dnf.			

Marathon Mixed Relay			*10.000 mt.*	*10 km.*	
Olympic Games	**World Cup**	**Pan American Games**	**World U20 Champion.**	**World U20 Cup**	**World U20 Cup Pan American**
2024 = 12°	2024 = 15°	2023 = 5°	2012 = 3°	2012 = 1°	2011 = 4°