

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)	45:17	Salinas (Ecu)	17.03.2012
20 km. (track)	1:31:02.25	Lima (Per)	13.06.2015
20 km. (road)	1:28:10	London (Gbr)	13.08.2017

Ranking 10.000 Mt. track

(average = 45:53.12)

Ranking 20 km. road & track

(average = 1:30:30)

01	42:02.99	Trujillo	25.08.2018	01	1:28:10	London	13.08.2017
02	44:58.26	Sao Paulo	01.08.2014	02	1:28:48	Dudince	24.03.2018
03	45:01.00	Medellín	11.04.2015	03	1:29:31	Rome	07.05.2016
04	45:44.46	Barcelona	11.07.2012	04	1:30:11	Taicang	05.05.2018
05	46:00.54	Cartagena	15.06.2013	05	1:30:18	Taicang	03.05.2014
06	46:04.90	Bello	04.02.2012	06	<i>(t)</i> 1:31:02	Lima	13.06.2015
07	46:43.40	Medellín	19.05.2013	07	1:31:13	Rio Maior	01.04.2017
08	47:22.68	Medellín	25.09.2011	08	1:31:44	Suzhou	24.09.2018
09	47:24.41	Barranquilla	07.07.2018	09	<i>(t)</i> 1:31:46	Santiago	13.03.2014
10	47:34.89	Medellín	27.08.2011	10	1:32:15	Lima	13.05.2017

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup
2012 = 31° 2017 = 32°	2013 = 21° 2015 = 19° 2017 = 5°	2014 = 25° 2016 = 10° 2018 = 15°	2015 = 4°	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 2018



OTHERS RESULTS 20 KM.

11	1:32:25	Moskva	13.08.2013	24	1:34:31	Pitalito	18.02.2018
12	1:32:30	La Coruña	31.05.2014	25	1:34:51	Cali	18.11.2015
13	<i>(t)</i> 1:32:31	Medellín	06.10.2013	26	1:35:14	Guatemala City	25.05.2013
14	1:32:36	La Coruña	09.06.2012	27	1:35:40	Rio de Janeiro	19.08.2016
15	1:32:36	Toronto	19.07.2015	28	1:36:29	Veracruz	23.11.2014
16	1:32:39	Santa Marta	22.11.2017	29	<i>(t)</i> 1:36:48	Medellín	23.04.2011
17	1:32:52	Ciudad Juárez	12.03.2017	30	1:36:55	Ciudad Juárez	06.03.2016
18	1:33:21	London	11.08.2012	31	<i>(t)</i> 1:39:39	Medellín	28.06.2014
19	1:33:24	Chihuahua	22.02.2014	32	1:43:45	Bogotá	25.01.2014
20	1:33:24	Beijing	28.08.2015	33	1:45:43	Bogotá	28.03.2015
21	<i>(t)</i> 1:33:51	Medellín	11.06.2017	34	<i>(t)</i> 1:48:36	Bogotá	07.05.2011
22	1:34:14	Taicang	01.05.2014	35	1:49:16	Bogotá	13.04.2013
23	1:34:23	Trujillo	28.11.2013				

