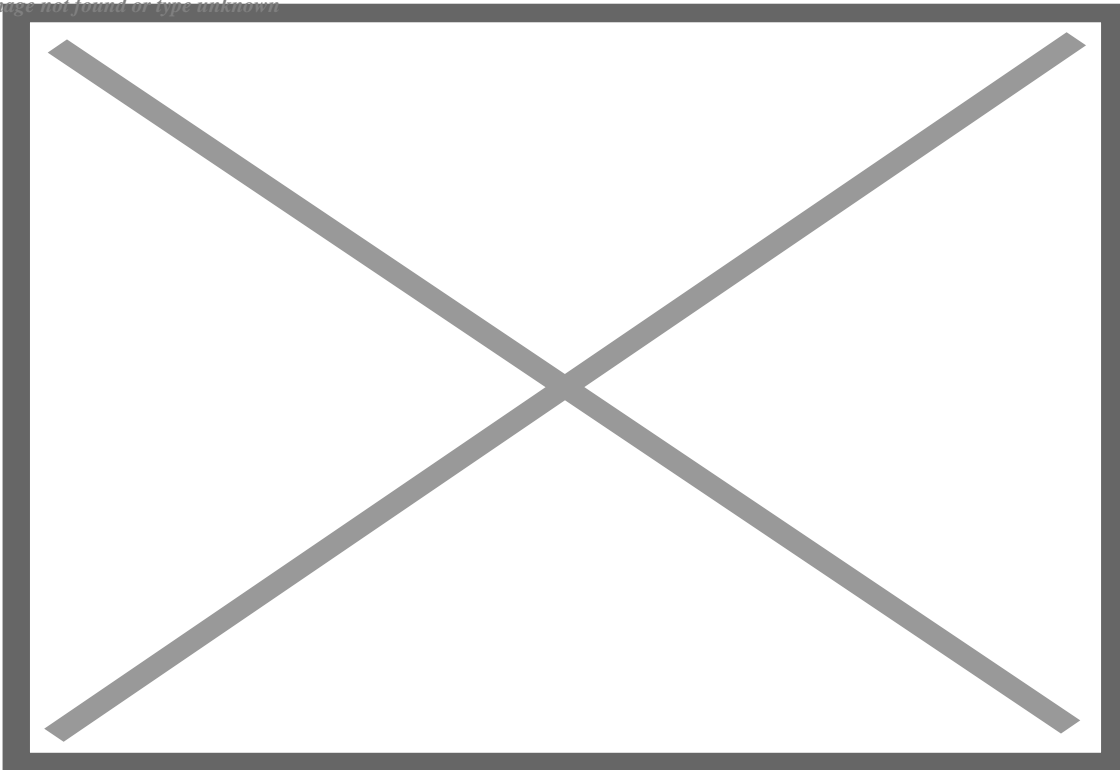


Arlenis in unprecedented conquest for Cuba in the time trial

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Havana, October 23 (JIT) -- Arlenis Sierra does not stop giving exciting moments for Cuba. She does it, even when she does not climb to the top of the podium.

Today she won the island's first medal in the women's time trial in the Pan American Games, by finishing second with a time of 26:07.11 minutes.

This event made its debut in the Pan American program in Rio de Janeiro 2007, but so far no Cuban had managed to reach the podium.

Another cold morning summoned the Manzanillera to the streets.... And although it was not as "freezing" as in Europe, where she rides with Movistar, a few degrees below 25 is enough for her to feel

uncomfortable.

In any case, and despite the exhaustion of a long season, she could only be surpassed by a star like the American Kristen Faulkner, who covered the stretch through the streets of Isla de Maipo in 25:45.38. The bronze medal went to Chile's Aranza Villalón with a time of 26:07.28.

"I felt pretty good, although a little tired. After October 3, when I finished with the club, I went to rest a bit without a bike. Starting again after a week was pretty tough," she told JIT in the interview area.

"The course looked pretty good, but already on the run it felt hard, pulling a bit uphill. It has some elevation gain. When we trained it seemed less hard, but running it felt hard," he added.

"Today it wasn't as cold as yesterday, but I'm still not used to it, not yet," she joked before referring to her rivals.... "I knew Faulkner was there, very strong in the time trial, she has proved it in Europe. If she didn't come it would be less complicated to reach the medal, but with her here it would change the situation. I have respect for her," she admitted.

Summoned to a message to the people of Cuba, Arlenis said: "Thank you for supporting me, I only ask you to give me strength for the road. I know that they reach me. We will make the effort, even though we have a small team compared to other countries", she concluded.

Four years ago, in Lima 2019, Cuba won a gold medal in cycling, thanks to Sierra precisely on the road.

<https://www.radiohc.cu/index.php/en/noticias/deportes/337190-arlenis-in-unprecedented-conquest-for-cuba-in-the-time-trial>



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