

SOAR Student Training Progress Week 10- 4 Mile Bench, 10K Qualifier

Student / WK 10	6-Dec	8-Dec	10-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:56:16	2:10:00	0:53:53	26.2	115.4		1:20:03	09:10	09:02
Beckwith,Joel	0:39:16	1:13:15	0:49:13	20.2	113.9		0:53:55	08:00	08:11
Carroll-Tramble, Kamari	1:02:02	0:50:26	1:10:42	15.2	115.4		1:01:03	12:03	11:52
Castano, Peter	0:41:40	0:29:06	0:43:05	15.2	117.4		0:37:57	07:29	07:51
Chavarin, Robert	0:38:39	0:29:27	0:45:23	15.2	102.4		0:37:50	07:28	08:21
Chavez, Andy	0:42:13	0:40:37	0:51:52	15.2	119.4		0:44:54	08:52	09:29
DeLapaz, Carlos	0:50:42	0:35:26	0:54:41	15.2	116.4		0:46:56	09:16	09:43
Diaz, Miguel	0:38:09	0:29:25	0:43:19	15.2	116.4		0:36:58	07:18	08:08
Estrada, Aimee	1:55:00	0:50:26	1:10:36	20.2	115.9		1:18:41	11:41	12:08
Ford, Elizabeth	0:46:05	0:38:10	0:56:31	15.2	116.4		0:46:55	09:16	09:48
Garcia, Dale	1:02:43	0:47:16	1:03:47	15.2	115.3		0:57:55	11:26	11:41
Green, Hannah	0:42:32	0:33:36	0:49:23	15.2	121.4	6 UP	0:41:50	08:15	08:21
Hoglo, Wyatt	0:43:02	0:34:50	0:49:21	15.2	126.4	11 UP	0:42:24	08:22	08:42
Ibarra, Mario	3:05:00	1:10:49	1:06:50	23.2	115.4		1:47:33	13:54	12:20
Javier, Alexandra	0:48:40	0:43:51	0:58:04	15.2	115.4		0:50:12	09:54	09:54
Lagunas, Jocelyn	0:46:14	0:36:30	0:54:41	15.2	108.3		0:45:48	09:02	09:35
Lima, Mariah	2:58:00	0:39:46	1:02:01	22.2	99.8		1:33:16	12:36	10:50
Loth, Brooke	0:59:13	0:44:54	1:10:25	15.2	115.4		0:58:11	11:29	11:24
Kuhlman, Kevin	0:36:55	0:36:33	0:45:37	16.2	115.4		0:39:42	07:21	07:40
Mansur, Alexis	0:59:25	0:46:41	1:08:50	15.2	115.4		0:58:19	11:31	11:48
Pachucka, Daria	0:52:18	0:40:01	0:56:59	15.2	122.4	6 UP	0:49:46	09:49	10:00
Padilla, Tanya	0:52:32	1:30:10	0:59:41	20.2	115.4		1:07:28	10:01	09:40
Purser, Michaela	0:52:41	0:41:34	1:13:26	15.2	116.4		0:55:54	11:02	10:51
Seifert, Angelica	0:54:30	0:43:39	1:04:00	15.2	121.4		0:54:03	10:40	10:54
Sequeira, Syria	0:52:27	0:43:14	1:00:28	15.2	122.4		0:52:03	10:16	10:29
Spiker, Joshua	0:42:14	0:29:11	0:40:46	15.2	121.4		0:37:24	07:23	07:28
Steffy, Laura	0:58:38	0:47:21	1:09:14	15.2	119.4		0:58:24	11:32	11:04
Vazquez, Valeria	0:59:30	0:46:30	1:13:19	15.2	115.4		0:59:46	11:48	11:58
Zamudio, Sarah	0:53:25	0:51:13	1:01:30	15.2	116.4		0:55:23	10:56	09:41
Ziamba, Matthew	1:00:25	0:29:59	1:11:47	15.2	98.4	2.0	0:54:04	10:40	11:55

- 1) Next marathon benchmark - SOAR'S Jingle Bell 10 Miler and Holiday Breakfast Saturday December 17th! Meet at Lowes 6am!**
- 2) STUDENTS PHYSICALS ARE NOW DUE!!! TRAINING SUSPENDED AFTER 12/31 FOR ALL NON CLEARED STUDENTS NO EXCEPTIONS!**
- 3) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, January 5th at coaches discretion to participate in the So Cal 1/2 Marathon.**
- 4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC**
- 5) Congrats on completing your first 100 miles!!!! YOU ROCK!!!!**