

SOAR Student Training Progress Week 11- 4 Mile Bench, 10 Mile Qualifier

Student / WK 11	13-Dec	15-Dec	17-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:40:47	0:36:43	1:45:21	18.0	133.4		1:00:57	10:10	09:09
Beckwith,Joel	0:35:06	0:34:51	1:19:39	18.0	131.9		0:49:52	08:19	08:11
Carroll-Tramble, Kamari	0:50:35	0:50:51	1:55:37	18.0	133.4		1:12:21	12:04	11:53
Castano, Peter	0:32:30	0:29:05	1:09:15	18.0	135.4		0:43:37	07:16	07:47
Chavarin, Robert	0:40:47			4.0	106.4	14.0	0:40:47	10:12	08:34
Chavez, Andy	0:40:57	0:42:43	1:25:17	18.0	137.4		0:56:19	09:23	09:29
DeLapaz, Carlos	0:40:47	0:37:27	1:44:45	18.0	134.4		1:01:00	10:10	09:45
Diaz, Miguel	0:40:43	0:37:27	1:09:17	18.0	134.4		0:49:09	08:11	08:09
Estrada, Aimee	0:43:39	0:50:51	1:53:09	18.0	133.9		1:09:13	11:32	12:05
Ford, Elizabeth	0:36:56	0:38:17	1:33:53	18.0	134.4		0:56:22	09:24	09:46
Garcia, Dale	0:50:29	0:44:00	1:47:45	18.0	133.3		1:07:25	11:14	11:39
Green, Hannah	0:32:30	0:31:48	1:21:29	18.0	139.4	6 UP	0:48:36	08:06	08:20
Hoglo, Wyatt	0:33:40	0:31:40	1:31:30	18.0	144.4	11 UP	0:52:17	08:43	08:42
Ibarra, Mario	0:50:35		1:55:25	14.0	129.4	4.0	1:23:00	11:51	12:18
Javier, Alexandra	0:46:20	0:37:27	1:44:45	18.0	133.4		1:02:51	10:28	09:57
Lagunas, Jocelyn	0:37:05	0:34:40	1:31:30	18.0	126.3		0:54:25	09:04	09:31
Lima, Mariah		0:39:23	1:48:15	14.0	113.8	4.0	1:13:49	10:33	10:48
Loth, Brooke	0:49:20			15.2	130.6	15.0	0:49:20	03:15	10:40
Kuhlman, Kevin	0:32:30	0:28:47	1:18:30	18.0	133.4		0:46:36	07:46	07:40
Mansur, Alexis		0:44:27	1:56:43	14.0	129.4	4.0	1:20:35	11:31	11:47
Pachucka, Daria	0:36:59	0:38:58	1:35:40	18.0	140.4	6 UP	0:57:12	09:32	09:57
Purser, Michaela	0:44:06	0:41:36	1:59:23	18.0	134.4		1:08:22	11:24	10:54
Seifert, Angelica	0:42:50	0:43:27	1:45:41	18.0	139.4		1:03:59	10:40	10:53
Sequeira, Syria	0:44:06	0:41:36	1:49:43	18.0	140.4		1:05:08	10:51	10:31
Spiker, Joshua	0:32:30	1:07:40	1:05:16	23.0	144.4	5 UP	0:55:09	07:12	07:26
Steffy, Laura	0:46:29		1:56:00	14.0	133.4	4.0	1:21:15	11:36	11:07
Vazquez, Valeria	0:47:18	0:46:25	1:59:30	18.0	133.4		1:11:04	11:51	11:57
Zamudio, Sarah	0:37:03	0:44:00	1:38:00	18.0	134.4		0:59:41	09:57	09:42
Ziamba, Matthew	0:43:39	0:43:43	1:53:09	18.0	116.4	2.0	1:06:50	11:08	11:51

1) Next marathon benchmark - So Cal 1/2 Marathon Saturday January 7th! Meet at Lowes 5am!

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!!!!