

SOAR Student Training Progress Week 13- 5 Mile Bench, 10 Mile Long

Student / WK 13	27-Dec	29-Dec	31-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:54:07	0:57:58	1:47:00	20.0	157.4	5.0	1:13:02	10:57	09:15
Beckwith,Joel	0:34:28	0:47:33	1:45:11	19.0	159.9	1.0	1:02:24	09:51	08:21
Carroll-Tramble, Kamari	0:59:45	1:00:24	2:00:42	20.0	162.4		1:20:17	12:03	11:55
Castano, Peter	0:38:20	0:38:05	1:11:07	20.0	164.4		0:49:11	07:23	07:44
Chavarin, Robert	0:42:44	0:47:37	1:22:53	20.0	135.4	14.0	0:57:45	08:40	08:38
Chavez, Andy	0:47:00	0:48:52	1:11:39	20.0	171.4		0:55:50	08:23	09:30
DeLapaz, Carlos	0:55:51	0:50:06	3:02:00	25.0	168.4		1:35:59	11:31	09:53
Diaz, Miguel	1:08:40	0:47:37	1:22:49	24.0	163.4		1:06:22	08:18	08:08
Estrada, Aimee			1:05:00	5.0	157.9	5.0	1:05:00	13:00	12:06
Ford, Elizabeth	0:51:32	0:48:39	1:44:17	20.0	163.4		1:08:09	10:13	09:50
Garcia, Dale	0:56:52	0:54:33	3:03:45	25.0	162.3		1:38:23	11:48	11:41
Green, Hannah	0:43:47	0:40:04	2:40:00	24.0	176.4	14 UP	1:21:17	10:10	08:31
Hoglo, Wyatt	0:43:20	0:43:44	1:35:50	20.0	173.4	11 UP	1:00:58	09:09	08:44
Ibarra, Mario	0:59:45	1:06:00	2:01:06	20.0	158.4	4.0	1:22:17	12:21	12:16
Javier, Alexandra	0:51:52	1:01:00	1:56:10	20.0	162.4		1:16:21	11:27	10:06
Lagunas, Jocelyn	0:48:15	0:47:10	1:30:10	20.0	155.3		1:01:52	09:17	09:30
Lima, Mariah	0:54:31	2:20:00	1:47:38	26.0	144.8	2.0	1:40:43	11:37	10:56
Loth, Brooke	0:57:00	1:48:30	2:03:37	24.0	173.6	1.0	1:36:22	12:03	10:52
Kuhlman, Kevin	0:40:03		1:35:00	15.0	163.4	1 UP	1:07:32	09:00	07:48
Mansur, Alexis	1:47:21	2:10:50	2:13:57	28.0	157.4	5.0	2:04:03	13:17	11:54
Pachucka, Daria	0:52:53	1:27:48	1:40:47	23.0	173.4	10 UP	1:20:29	10:30	10:05
Purser, Michaela	0:56:15	0:55:40	2:00:18	20.0	173.4		1:17:24	11:37	10:56
Seifert, Angelica	0:56:47	0:58:50	1:58:25	20.0	172.4		1:18:01	11:42	10:56
Sequeira, Syria	0:55:46	0:50:25	2:54:19	20.0	179.4		1:33:30	14:02	10:48
Spiker, Joshua			1:11:07	10.0	163.4	5.0	1:11:07	07:07	07:28
Steffy, Laura	0:59:56	0:59:03	2:04:00	20.0	162.4	4.0	1:21:00	12:09	11:12
Vazquez, Valeria	1:00:58	1:02:30	1:58:45	20.0	162.4		1:20:44	12:07	12:01
Zamudio, Sarah	0:51:52	0:54:02	1:39:00	20.0	163.4		1:08:18	10:15	09:51
Ziamba, Matthew	1:17:55	0:58:55	2:10:24	22.0	147.4		1:29:05	12:09	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) Afternoon training resumes next week! Happy New Year from SOAR!!