

**SOAR Student Training Progress Week 14- 5 Mile Bench, Half Marathon Qualifier**

<b>Student / WK 14</b>	<b>3-Jan</b>	<b>5-Jan</b>	<b>7-Jan</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Apolinar, Miguel	1:34:30	0:46:30	2:12:10	28.1	185.5		1:31:03	09:43	09:18
Beckwith,Joel	0:52:14	0:42:07	1:53:48	24.1	184.0		1:09:23	08:38	08:23
Carroll-Tramble, Kamari	1:04:57	0:55:30	2:43:21	23.1	185.5		1:34:36	12:17	11:57
Castano, Peter	0:41:44	0:41:14	1:34:31	20.0	184.4		0:59:10	08:52	07:49
Chavarin, Robert				0.0	135.4	37.0	#DIV/0!	#DIV/0!	08:38
Chavez, Andy	0:46:47	0:46:47	1:56:49	23.1	194.5		1:10:08	09:06	09:28
DeLapaz, Carlos	0:50:27	1:00:03	2:16:43	23.1	191.5	5 UP	1:22:24	10:42	09:56
Diaz, Miguel	0:50:27	0:59:47	1:36:57	23.1	186.5		1:09:04	08:58	08:12
Estrada, Aimee	1:53:50	1:03:17	2:36:25	28.1	186.0		1:51:11	11:52	12:05
Ford, Elizabeth	0:49:35	0:53:50	2:07:10	23.1	186.5		1:16:52	09:59	09:51
Garcia, Dale	0:57:20	1:02:00	2:34:45	23.1	185.4		1:31:22	11:52	11:42
Green, Hannah	0:40:58	0:44:49	1:45:58	23.1	199.5	14 UP	1:03:55	08:18	08:30
Hoglo, Wyatt	0:45:50	0:42:30	1:45:58	23.1	196.5		1:04:46	08:25	08:42
Ibarra, Mario	1:05:10	1:55:10	2:35:18	27.1	185.5		1:51:53	12:23	12:17
Javier, Alexandra	0:54:53	0:56:43	2:35:39	23.1	185.5		1:29:05	11:34	10:12
Lagunas, Jocelyn	0:51:30	0:47:36	2:08:00	23.1	178.4		1:15:42	09:50	09:32
Lima, Mariah	1:02:40	1:05:06	2:22:35	25.1	169.9		1:30:07	10:46	10:55
Loth, Brooke	1:02:48	1:12:20	2:35:39	24.1	197.7		1:36:56	12:04	10:57
Kuhlman, Kevin	0:41:21	0:43:50	1:51:05	23.1	186.5		1:05:25	08:30	07:51
Mansur, Alexis	2:06:10	1:06:22	2:39:32	28.1	185.5		1:57:21	12:32	11:57
Pachucka, Daria			2:13:04	13.1	186.5		2:13:04	10:09	10:05
Purser, Michaela	1:47:50	1:01:05	2:36:41	28.1	201.5		1:48:32	11:35	10:59
Seifert, Angelica	0:51:36	0:57:26	2:36:15	23.1	195.5		1:28:26	11:29	10:58
Sequeira, Syria	0:51:36	0:54:15	2:31:12	23.1	202.5		1:25:41	11:08	10:49
Spiker, Joshua	0:40:58	0:37:19	1:29:45	23.1	186.5		0:56:01	07:16	07:27
Steffy, Laura	2:00:10	0:59:21	2:33:48	27.1	189.5		1:51:06	12:18	11:17
Vazquez, Valeria	1:04:45	1:04:15	2:39:54	23.1	185.5		1:36:18	12:30	12:03
Zamudio, Sarah	0:48:00	0:44:27	2:04:35	23.1	186.5		1:12:21	09:24	09:49
Ziamba, Matthew	1:03:00	0:57:26	2:36:09	23.1	170.5		1:32:12	11:58	11:52

**1) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 12th! Meet at Lowes 6am!**

**2) CONGRATS ON COMPLETING YOUR FIRST HALF MARATHON!!!! YOU ARE AMAZING!!!**

**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, February 9th at coaches discretion to participate in the SRLA Friendship Run.**

**4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC**

**5) Afternoon training resumes next week! Happy New Year from SOAR!!**