

SOAR Student Training Progress Week 18- 5 Mile Bench, 15 Mile Long

Student / WK 17	24-Jan	26-Jan	29-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Beckwith,Joel	0:41:36	0:31:13	2:31:23	24.0	249.0	15.0	1:14:44	09:20	08:24
Carroll-Tramble, Kamari	1:03:00	0:41:25	3:05:36	24.0	260.5	5.0	1:36:40	12:05	11:53
Castano, Peter	0:42:47	0:29:55	2:07:05	24.0	264.4		1:06:36	08:19	07:48
Chavarin, Robert	2:58:00	0:40:37	2:06:30	39.0	250.4	1.0	1:55:02	08:51	08:15
Chavez, Andy	0:41:43	55:45:00	2:21:40	26.0	276.5		19:36:08	15:42	16:31
DeLapaz, Carlos	0:43:45	0:42:20	3:20:43	25.0	271.5	5 UP	1:35:36	11:28	10:11
Diaz, Miguel	0:43:45	0:40:40	2:20:00	28.0	266.5		1:14:48	08:01	08:24
Estrada, Aimee	1:06:28	0:45:27	3:10:10	24.0	266.0		1:40:42	12:35	12:08
Ford, Elizabeth	0:51:40	0:36:46	2:42:02	24.0	265.5		1:23:29	10:26	09:57
Garcia, Dale	0:58:10	2:15:00	3:15:01	30.0	265.4		2:09:24	12:56	11:51
Green, Hannah	0:48:29	0:36:25	2:27:15	24.0	279.5	14 UP	1:17:23	09:40	08:34
Hoglo, Wyatt	0:44:45	0:32:04	2:30:48	24.0	276.5		1:15:52	09:29	08:46
Ibarra, Mario	1:23:37	0:53:13	3:20:43	25.0	260.5	5.0	1:52:31	13:30	12:24
Javier, Alexandra	0:53:36	0:38:05	2:50:05	24.0	265.5		1:27:15	10:54	10:18
Lagunas, Jocelyn	0:50:44	0:35:50	2:58:10	24.0	258.4		1:28:15	11:02	09:44
Lima, Mariah	0:51:16		3:18:15	19.0	245.9	5.0	2:04:45	13:08	11:01
Loth, Brooke	0:53:05	0:44:00	3:07:01	24.0	267.7	10.0	1:34:42	11:50	11:04
Kuhlman, Kevin	0:40:21	0:40:15	2:17:29	25.0	267.5	1 UP	1:12:42	08:43	08:06
Mansur, Alexis	0:54:34	0:42:04	3:00:55	24.0	261.5	4.0	1:32:31	11:34	11:47
Pachucka, Daria	0:53:00	1:40:50	2:39:25	30.0	266.5		1:44:25	10:26	10:05
Purser, Michaela	0:54:38		3:18:44	20.0	277.5	1 UP	2:06:41	12:40	11:10
Seifert, Angelica	0:53:54	0:42:08	3:01:25	24.0	265.5		1:32:29	11:34	11:12
Sequeira, Syria	0:54:58	0:42:49	2:20:12	22.0	280.5	2.0	1:19:20	10:49	10:53
Spiker, Joshua	0:41:43	0:30:00	1:42:13	24.0	266.5		0:57:59	07:15	07:28
Steffy, Laura	1:23:37	0:46:10	3:10:30	24.0	260.5	9.0	1:46:46	13:21	11:40
Vazquez, Valeria	3:05:00	0:47:34	3:20:52	34.0	265.5		2:24:29	12:45	12:09
Zamudio, Sarah	1:05:02	0:45:00	2:26:00	24.0	262.5	4.0	1:25:21	10:40	09:47
Ziamba, Matthew	1:06:28	0:45:27	3:10:10	24.0	245.5	5.0	1:40:42	12:35	12:03

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

2) SUPPORT MARDI GRAS MADNESS 2/19/17!! WWW.MGM5K.COM

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 - Instagram SOAR_SC - Twitter @SOAR_SC

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