

SOAR Student Training Progress Week 4- 4 Mile Bench, 5K Qualifier

Student / WK 4	25-Oct	27-Oct	30-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:28:01	0:36:33	0:23:25	10.1	36.1		0:29:20	08:43	08:57
Beckwith, Joel	0:35:05	1:26:40	0:22:59	17.6	34.6		0:48:15	08:13	08:00
Carroll-Tramble, Kamari	0:36:19	0:50:54	0:35:01	10.1	36.1		0:40:45	12:06	11:38
Castano, Peter	0:24:33	0:33:09	0:20:44	10.1	36.1		0:26:09	07:46	07:20
Castano, Sarina	0:32:30	1:29:05	0:32:31	15.1	34.1		0:51:22	10:12	10:46
Chavarin, Robert	0:27:29	0:32:04	0:21:25	10.1	21.1		0:26:59	08:01	07:59
Chavez, Andy	0:31:18	0:34:33	0:25:20	10.1	36.1		0:30:24	09:02	09:27
Commons, Carlee	0:36:15	0:50:54	0:32:53	10.1	36.1		0:40:01	11:53	11:28
DeLapaz, Carlos	0:35:50	0:40:40	0:26:32	10.1	36.1		0:34:21	10:12	09:33
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	0:22:40	0:40:12	0:20:46	10.1	36.1		0:27:53	08:17	07:49
Estrada, Aimee	0:35:21	0:53:16	0:34:46	10.1	36.6		0:41:08	12:13	12:21
Ford, Elizabeth	0:29:15	1:06:30	0:28:13	13.1	36.1		0:41:19	09:28	09:54
Fragoza, Christian	0:26:08	0:35:02	0:26:32	10.1	36.1		0:29:14	08:41	08:53
Garcia, Dale	0:36:53	0:45:33	0:32:06	10.1	36.1		0:38:11	11:20	11:26
Green, Hannah	0:26:30	0:33:48	0:23:52	10.1	36.1		0:28:03	08:20	08:19
Hoglo, Lukas	0:38:12	0:48:52	0:34:38	10.1	36.1		0:40:34	12:03	12:12
Hoglo, Wyatt	0:25:16	0:32:04	0:23:26	10.1	33.1		0:26:55	08:00	09:17
Ibarra, Mario	0:36:19	2:01:15	0:34:30	16.1	36.1		1:04:01	11:56	12:16
Javier, Alexandra	0:36:00	0:40:53	0:27:47	10.1	36.1		0:34:53	10:22	09:43
Javier, Dannah	0:43:40	0:56:09	0:48:01	10.1	32.6		0:49:17	14:38	14:03
Lagunas, Jocelyn	0:28:24	0:36:33	0:50:50	11.0	22.0		0:38:36	10:32	10:21
Lima, Mariah	0:30:23	1:14:25	0:31:57	13.1	19.1		0:45:35	10:26	10:57
Loth, Brooke	0:36:05	0:46:49	0:35:41	10.1	36.1		0:39:32	11:44	11:32
Kuhlman, Kevin	0:25:05	0:30:40	0:22:29	10.1	36.1		0:26:05	07:45	07:25
Mansur, Alexis	0:37:34	0:48:38	0:34:38	10.1	36.1		0:40:17	11:58	11:52
Martinez, Michael	0:23:04	0:50:20	0:21:29	13.1	36.1		0:31:38	07:15	06:50
Nunez, Paulina	0:31:31	1:09:25	0:32:00	13.1	36.1		0:44:19	10:09	10:05
Pachucka, Daria	0:29:33	0:38:23	0:29:21	10.1	36.1		0:32:26	09:38	09:39
Padilla, Tanya	0:29:02	1:06:40	0:28:12	13.1	36.1		0:41:18	09:27	09:23
Priester, Angela	0:26:40	1:27:30	0:26:17	16.1	31.0		0:46:49	08:43	08:58
Purser, Michaela	0:33:22	0:41:09	0:31:29	10.1	36.1		0:35:20	10:30	10:38
Rojas, Jaret	0:23:15	1:18:10	0:21:57	15.1	36.1		0:41:07	08:10	07:50
Seifert, Angelica	0:32:44	0:45:20	0:34:38	10.1	36.1		0:37:34	11:10	10:50
Sequeira, Syria	0:33:18	0:41:09	0:30:40	10.1	36.1		0:35:02	10:24	10:39
Spiker, Joshua	0:24:35	0:27:14	0:19:44	10.1	36.1		0:23:51	07:05	07:15
Steffy, Laura	0:34:11	1:54:15	0:34:22	15.1	38.1		1:00:56	12:06	10:15
Vazquez, Valeria	0:37:13	0:44:36	0:36:51	10.1	36.1		0:39:33	11:45	11:47
Zamudio, Sarah	0:27:32	0:39:36	0:25:19	10.1	36.1		0:30:49	09:09	09:13
Ziamba, Matthew	0:35:52	1:23:05	0:30:18	13.1	36.1		0:49:45	11:24	11:53

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1) We Spark 5K departure time is 6:00am, Sunday, November 6th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

2) Congrats on completing your first 5K! YOU ARE AWESOME!!!!

3) SUPPORT SOAR 2017! Team FUNraiser California Pizza Kitchen Thursday November 10th!!!!

4) 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, October 3rd at coaches discretion to participate in the We Spark 5K.

5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC