

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

Student / WK 5	1-Nov	3-Nov	6-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:34:22	0:33:57	0:19:08	11.1	47.2		0:29:09	07:53	08:44
Beckwith, Joel	0:33:11	0:32:58	0:17:55	11.1	45.7		0:28:01	07:34	07:55
Carroll-Tramble, Kamari	0:48:32	0:50:03	0:28:27	11.1	47.2		0:42:21	11:27	11:36
Castano, Peter	0:43:30	0:29:53	0:15:58	11.1	47.2		0:29:47	08:03	07:29
Castano, Sarina	0:43:30	0:47:43	0:29:45	11.1	45.2		0:40:19	10:54	10:47
Chavarin, Robert	0:36:37	0:36:43	0:16:44	11.1	32.2		0:30:01	08:07	08:02
Chavez, Andy	0:43:07	0:35:03	0:20:10	11.1	47.2		0:32:47	08:52	09:20
Commons, Carlee	0:48:32		0:25:05	7.1	43.2	4.0	0:36:48	10:22	11:15
DeLapaz, Carlos	0:39:49	0:36:42	0:20:14	11.1	47.2		0:32:15	08:43	09:23
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	0:33:43	0:35:38	0:15:58	11.1	47.2		0:28:26	07:41	07:48
Estrada, Aimee	0:47:01	0:53:13	0:28:41	11.1	47.7		0:42:58	11:37	12:12
Ford, Elizabeth	0:36:40	0:41:35	0:22:10	11.1	47.2		0:33:28	09:03	09:44
Fragoza, Christian	0:35:37	0:39:54	0:20:15	11.1	47.2		0:31:55	08:38	08:50
Garcia, Dale	0:48:59	0:14:37		5.0	41.1	6.1	0:31:48	12:43	11:41
Green, Hannah	0:33:10	0:36:09	0:19:15	11.1	47.2		0:29:31	07:59	08:15
Hoglo, Lukas	0:49:57	0:54:12	0:30:26	11.1	47.2		0:44:52	12:07	12:11
Hoglo, Wyatt	0:33:05	0:33:52	0:19:32	11.1	44.2		0:28:50	07:47	08:59
Ibarra, Mario	0:47:56	0:50:01	0:28:19	11.1	47.2		0:42:05	11:23	12:05
Javier, Alexandra	0:40:10	0:45:18	0:23:28	11.1	47.2		0:36:19	09:49	09:44
Javier, Dannah	0:56:47	0:58:52	0:39:42	11.1	43.7		0:51:47	14:00	14:03
Lagunas, Jocelyn	0:37:00	0:39:11	0:21:42	11.1	33.1		0:32:38	08:49	09:50
Lima, Mariah	0:42:58	0:44:30	0:25:27	11.1	30.2		0:37:38	10:10	10:42
Loth, Brooke	0:46:32	0:48:54	0:26:46	11.1	47.2		0:40:44	11:01	11:25
Kuhlman, Kevin			0:20:09	3.1	39.2	8.0	0:20:09	06:30	07:14
Mansur, Alexis	0:48:04	0:50:14	0:26:59	11.1	47.2		0:41:46	11:17	11:45
Martinez, Michael	0:35:35	0:39:55	0:16:43	11.1	47.2		0:30:44	08:18	07:08
Nunez, Paulina	0:43:12	0:46:09	0:25:17	11.1	47.2		0:38:13	10:20	10:08
Pachucka, Daria	0:38:31	0:40:48	0:21:29	11.1	47.2		0:33:36	09:05	09:32
Padilla, Tanya		0:49:00	0:22:40	7.1	43.2	4.0	0:35:50	10:06	09:31
Priester, Angela	0:33:30	1:27:30	0:20:11	11.1	42.1		0:47:04	12:43	09:43
Purser, Michaela	0:42:29	0:44:45	0:25:27	11.1	47.2		0:37:34	10:09	10:32
Rojas, Jaret	0:35:34	0:35:47		8.0	44.1	3.1	0:35:41	08:55	10:48
Seifert, Angelica	0:44:19	0:46:24	0:25:30	11.1	47.2		0:38:44	10:28	10:46
Sequeira, Syria	0:42:29	0:40:22	0:22:29	11.1	47.2		0:35:07	09:29	10:25
Spiker, Joshua	0:33:22	0:27:25	0:15:28	11.1	47.2		0:25:25	06:52	07:10
Steffy, Laura	0:44:16	0:46:56	0:27:40	11.1	49.2		0:39:37	10:43	10:20
Vazquez, Valeria	0:45:50	0:48:14	0:28:40	11.1	47.2		0:40:55	11:03	11:38
Zamudio, Sarah	0:39:30	0:38:29	0:21:21	11.1	47.2		0:33:07	08:57	09:10
Ziamba, Matthew	0:47:01	0:53:26	0:23:09	11.1	47.2		0:41:12	11:08	11:44

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

1) SUPPORT SOAR 2017! Team FUNraiser California Pizza Kitchen this Thursday November 10th!!!! 20% of all proceeds go Team 2017!

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

3) Next marathon benchmark - Team 10K Qualifier - Santa Monica Venice Christmas Run Saturday December 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, December 8th at coaches discretion to participate in the Santa Monica - Venice 10K.

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