

**SOAR Student Training Progress Week 11- 4 Mile Bench / 10K Qualifier**

Student / WK 11	12-Dec	14-Dec	16-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:45:15	0:46:02	1:11:42	14.2	136.4		0:54:20	11:29	11:20
Breault, Charlie	0:49:00	0:45:52	1:20:01	14.2	136.4		0:58:18	12:19	12:41
Cabrera, Alexis	0:32:27	0:33:47	0:54:38	14.2	131.9		0:40:17	08:31	09:16
Carroll-Tramble, Kamari	0:54:32	0:43:51	1:12:19	14.2	130.4		0:56:54	12:01	12:08
Chabolla, Daija	Medical	Medical	Medical	0.0	120.2	UP 4.0	#DIV/0!	#DIV/0!	10:03
Commons, Carlee	0:37:00	0:35:19	0:55:53	14.2	130.4		0:42:44	09:02	09:40
Corona, Luis	0:39:37	0:39:39	0:54:07	14.2	130.4		0:44:28	09:24	10:15
Dalgan, Abraham	0:42:09	0:42:20	1:05:42	14.2	128.4		0:50:04	10:35	10:19
DeLaPaz, Jonathan	0:38:24	0:34:17	0:53:28	14.2	136.4		0:42:03	08:53	09:50
Diaz, Nadia	0:54:10	0:51:11	1:21:13	14.2	129.4		1:02:11	13:08	13:23
Doughergy, Eric	0:41:49	0:41:13	1:05:11	14.2	130.4		0:49:24	10:26	11:31
Estrada, Aimee	0:39:42	0:38:39	1:00:21	14.2	130.4		0:46:14	09:46	09:55
Ford, Elizabeth	1:28:40	0:37:18	0:57:40	18.2	140.4	UP 10.0	1:01:13	10:05	10:20
Garcia, Dale	0:42:00	0:43:10	1:05:58	14.2	131.2		0:50:23	10:39	11:56
Godinez, Isis	0:58:21	0:40:20	1:05:21	14.2	123.1		0:54:41	11:33	11:15
Green, Hannah	0:32:55	0:33:32	0:50:51	14.2	136.2	UP 6.0	0:39:06	08:16	08:39
Hoglo, Lukas	0:56:22	0:54:22	1:11:16	15.2	137.3	UP 10.0	1:00:40	11:58	11:52
Hoglo, Wyatt	0:43:42	0:42:56	0:53:06	15.2	138.3	UP 10.0	0:46:35	09:12	08:48
Islas, Willow	2:13:40	0:46:51	1:12:19	20.2	138.4	UP 8.0	1:24:17	12:31	12:03
Kim, Hana	1:31:50	0:43:12	1:07:52	18.2	134.4	UP 5.0	1:07:38	11:09	11:35
Kuhlman, Kevin	0:31:39	0:32:55	0:46:33	14.2	131.4		0:37:02	07:50	08:23
Lagunas, Jocelyln	0:37:40	0:34:50	0:55:36	14.2	131.4		0:42:42	09:01	09:49
Mendoza, Alejandro	0:41:22	0:40:10	1:05:03	14.2	136.4		0:48:52	10:19	11:14
Nadeau, Kelly	0:53:05	0:39:55	1:01:39	14.2	137.4		0:51:33	10:53	10:46
Olsen, Schuyler	0:47:45	0:43:51	1:09:38	14.2	128.4		0:53:45	11:21	11:33
Philips, Ryan	1:31:50	0:32:29	0:56:24	19.2	135.4	UP 5.0	1:00:14	09:25	09:54
Rojas, Jaret	0:58:21	0:31:00	0:45:56	14.2	131.4		0:45:06	09:32	08:18
Seifert, Angelica	0:40:20	0:39:57	1:01:05	14.2	136.4	UP 6.0	0:47:07	09:57	10:27
Song, Erin	0:47:45	0:43:29	1:19:06	14.0	130.2		0:56:47	12:10	12:20
Spiker, Katelyn	0:39:57	0:40:43	1:01:05	14.2	130.4		0:47:15	09:59	10:18
Toothman, Anika	0:47:45	0:41:54	1:07:03	14.2	136.4	UP 6.0	0:52:14	11:02	11:05
Vazquez, Valeria	0:49:00	0:46:05	1:09:49	14.2	130.4		0:54:58	11:37	11:51

- 1) RALLY TIME FOR THE SO CAL 1/2 MARATHON IS 5:00AM AT LOWES. PERMISSION SLIPS DUE TO COACH SARKISSIAN BY 1/11!**
- 2) 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 11th at coaches discretion to participate in the So Cal 1/2 Marathon.**
- 3) TRAINING WILL BE SUSPENDED FOR STUDENTS NOT HAVING COMPLETED A TEAM PHYSICAL AFTER 1/11/18!**
- 4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**
- 5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D**