

**SOAR Student Training Progress Week 15- 5 Mile Bench, Half Marathon Qualifier**

<b>Student / WK 15</b>	<b>8-Jan</b>	<b>10-Jan</b>	<b>12-Jan</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Aladuena, Rigoberto	0:43:25	0:40:06	1:52:05	22.1	198.8			1:05:12	08:51	08:07
Arana, Luis	1:31:45	0:34:21	1:55:37	27.1	196.8			1:20:34	08:55	09:33
Breault, Charlie	Injured	Injured	Injured	0.0	154.7			#DIV/0!	#DIV/0!	13:28
Castillo, Cristian	1:52:30	0:42:36	2:36:48	27.1	180.8			1:43:58	11:31	11:36
Cisneros, Matthew	2:55:40	0:50:05	2:36:48	32.1	202.8			2:07:31	11:55	11:35
De La Paz, Jonathan	0:49:52	0:40:11	2:14:10	22.1	196.8			1:14:44	10:09	10:05
Derrick, Samea	1:30:30	0:34:30	2:01:16	27.1	192.8			1:22:05	09:05	09:26
Diaz, Nadia	1:11:23	0:50:05	2:56:58	22.1	196.8			1:39:29	13:30	13:31
Estrada, Jose	0:49:40	0:40:06	2:19:00	22.1	197.8			1:16:15	10:21	09:58
Ford, Elizabeth	0:55:37	0:41:59	2:18:07	22.1	197.8			1:18:34	10:40	10:38
Gawra, Simardeep		0:34:05	1:55:00	17.1	204.8			1:14:33	08:43	09:08
Kim, Cecilia	1:01:55	0:52:10	2:44:43	22.1	204.8			1:32:56	12:37	12:23
Kim, Evan	0:55:25	0:47:52	2:25:01	22.1	163.7			1:22:46	11:14	11:35
Kuhlman, Kevin	0:44:28	0:31:32	1:43:38	22.1	191.8			0:59:53	08:08	09:10
Llamas, Christopher	1:08:10	0:32:36	1:40:42	26.1	191.8			1:07:09	07:43	08:02
Martinez, Kimberly	2:59:15	0:50:05	2:42:30	32.1	169.7			2:10:37	12:12	11:37
Mendoza, Alejandro	0:51:27	0:40:10	2:14:12	22.1	200.8			1:15:16	10:13	10:45
Menjivar, Brian	1:05:00	0:50:05	2:50:06	22.1	196.8			1:35:04	12:54	13:23
Nakatani, Kotone	1:05:00	0:50:05	2:27:13	22.1	193.8			1:27:26	11:52	12:13
Olsen, Schuyler	1:54:55	0:52:49	2:18:03	27.1	196.8			1:41:56	11:17	11:51
Redfern Kaia	0:46:37	0:40:06	2:16:16	22.1	196.8			1:14:20	10:05	10:08
Saturno, Aubrey	0:57:14	0:44:34	2:38:29	22.1	171.7			1:26:46	11:47	12:08
Seifert, Angelica	0:45:32	0:32:17	2:06:32	22.1	197.7			1:08:07	09:15	10:03
Spiker, Christopher	0:45:22		1:43:00	18.1	198.8			1:14:11	08:12	08:48
Turpin, Lottie	1:11:23	0:57:34	3:24:31	22.1	196.8			1:51:09	15:05	14:39
Vadapalli, Dhivya	1:02:08	0:48:50	2:49:59	22.1	199.8			1:33:39	12:43	12:50
Vazquez, Valeria	2:08:40	0:52:10	2:49:59	27.1	199.8			1:56:56	12:57	12:21

**1) CONGRATS ON COMPLETING YOUR FIRST HALF MARATHON!! YOU ARE A ROCK STAR!!**

**2) Team Physicals due NOW!! Students not having a physical clearance on file will have training suspended until received!**

**3) Next Team Qualifier will be the Mt Hollywood 12K Trail Run, Sunday February 10th in LA! Meeting time is 6am at Lowes.**

**4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! All miles owed must be made up by Thursday, February 7th to participate in the Mt Hollywood 12K Trail Run!!**

**5) 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**

**6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D Happy New Year from SOAR!!!**