

SOAR Student Training Progress Week 17- 4 Mile Bench, Half Marathon Qualifier

Student / WK 17	5-Jan	7-Jan	9-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:47:19	0:45:45	2:38:07	21.1	238.4		1:23:44	0:11:54	0:12:47
Beckwith,Joel	0:48:54			6.0	243.1	7.0	0:48:54	0:08:09	0:08:11
Castano, Peter	0:32:00	0:30:55	1:42:38	21.1	255.1		0:55:11	0:07:51	0:07:49
Castro, Jessica	0:35:46	0:35:45	1:55:09	21.1	251.3		1:02:13	0:08:51	0:09:18
Celis, Karen	0:45:01	0:48:25	2:18:52	21.1	250.9		1:17:26	0:11:01	0:11:09
Chavez, Andy	2:23:24	0:38:00	2:04:18	30.1	227.8		1:41:54	0:10:09	0:09:38
DeLapaz, Carlos	0:41:30	0:49:00	2:19:39	21.1	250.7		1:16:43	0:10:54	0:11:51
DeLapaz, Jonathan	0:47:01	0:45:02	2:33:03	21.1	250.9		1:21:42	0:11:37	0:11:56
Fernandez, Marycruz	0:41:25	0:40:34	2:17:28	21.1	256.3		1:13:09	0:10:24	0:10:25
Ford, David	0:38:15	0:38:18	1:57:04	21.1	254.9		1:04:32	0:09:11	0:09:08
Ford, Elizabeth	0:38:30	0:38:17	1:57:35	21.1	260.3		1:04:47	0:09:13	0:09:34
Fragoza, Christian	0:38:00	0:49:00	2:04:20	21.1	233.9		1:10:27	0:10:01	0:10:22
Green, Hannah	0:36:59	0:36:25	1:55:13	21.1	251.0		1:02:52	0:08:56	0:08:43
Green, Sarah	0:41:31	0:43:28	2:20:08	21.1	251.0		1:15:02	0:10:40	0:10:23
Hoglo, Wyatt			2:02:20	13.1	260.7		2:02:20	0:09:20	0:09:34
Ibarra, Mario	0:50:13	0:49:00	2:26:53	21.1	250.7		1:22:02	0:11:40	0:12:00
Javier, Alexandra	1:03:36	0:46:25	2:19:36	23.1	251.0		1:23:12	0:10:48	0:10:42
Javier, Dannah	5:04:23	0:48:30	2:41:15	40.1	244.8		2:51:23	0:12:49	0:13:02
Jonas, Angelica	0:38:00	0:36:24	2:04:38	21.1	263.5		1:06:21	0:09:26	0:09:59
Kuhlman, Kevin	0:32:00	0:27:52	1:36:49	21.1	250.9		0:52:14	0:07:26	0:07:46
Loth, Brooke	0:45:01	2:24:28	2:55:56	30.1	248.5		2:01:48	0:12:08	0:11:50
Luna, Karla	0:45:38	0:43:58	2:31:29	21.1	249.8		1:20:22	0:11:26	0:12:15
Mejia, Victoria	0:50:13	0:45:45	2:21:53	21.1	250.9		1:19:17	0:11:16	0:11:31
Ortiz, Dariana	0:44:01	0:46:25	2:34:58	21.1	251.0		1:21:48	0:11:38	0:11:13
Spiker, Joshua	0:34:12		1:36:23	17.1	251.1		1:05:18	0:07:38	0:07:33
Spiker, Katelyn			2:23:44	13.1	251.5		2:23:44	0:10:58	0:11:01
Storaker, Stacey	0:38:25	0:38:20	2:04:28	21.1	257.4		1:07:04	0:09:32	0:09:32
Uhrig, Caroline	0:41:31	1:34:51	2:25:14	26.1	250.9		1:33:52	0:10:47	0:10:41
Ziemba, Matthew	0:33:43	0:32:45	1:55:47	21.1	250.9		1:00:45	0:08:38	0:10:29

- 1) SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC
- 3) CONGRATS ON YOUR SO CAL HALF RESULTS! NEXT OFFICIAL TEAM QUALIFIER - SOAR 20 MILER SATURDAY JANUARY 30TH 2016!
- 4)SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM
- 5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!
- 6) 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 7th at coaches discretion to participate in the So Cal 1/2 Marathon.