

SOAR Student Training Progress Week 19- 4 Mile Bench / 18 Mile Qualifier

Student / WK 19	6-Feb	8-Feb	11-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armenta, Maria	0:51:15	0:40:43	4:10:30	25.8	292.3		1:54:09	13:18	11:54
Breault, Charlie	0:50:37	0:41:11	4:47:34	25.8	292.3		2:06:27	14:42	12:46
Cabrera, Alexis	1:31:40	0:37:50	3:16:12	29.8	287.8		1:48:34	10:56	09:40
Carroll-Tramble, Kamari	0:49:27	0:39:55	4:02:48	23.0	283.5		1:50:43	14:27	12:10
Commons, Carlee	1:30:55	0:47:28		32.0	286.5	18.0	1:09:12	04:19	09:38
Corona, Luis	2:39:05	0:39:05	4:27:09	36.8	286.3		2:35:06	12:39	10:38
Dalgan, Abraham	0:44:40	0:30:57	3:51:54	25.8	284.3		1:42:30	11:55	10:54
DeLaPaz, Jonathan	0:44:40	0:26:20	3:26:33	25.8	292.3		1:32:31	10:45	09:56
Diaz, Nadia	0:53:59	0:39:43	2:03:45	16.8	276.3	9.0	1:12:29	12:57	13:44
Estrada, Aimee	1:23:10	0:44:43	3:31:39	30.8	287.3		1:53:11	11:01	10:29
Ford, Elizabeth	0:41:20	0:32:24	3:22:47	25.8	286.3		1:32:10	10:43	11:02
Garcia, Dale	0:51:15	0:35:24	4:10:44	25.8	283.1		1:52:28	13:05	12:31
Godinez, Isis	3:24:20	0:40:38	3:32:55	40.8	275.0		2:32:38	11:13	11:20
Green, Hannah	0:33:30	0:21:56		7.0	285.6		0:27:43	07:55	08:46
Hoglo, Lukas	0:47:27	0:39:11	4:10:21	25.8	283.2		1:52:20	13:04	12:07
Hoglo, Wyatt	0:32:40	0:35:56	3:02:57	25.8	284.2		1:23:51	09:45	09:00
Islas, Willow	1:31:10	0:38:52	4:13:52	29.8	286.3		2:07:58	12:53	11:48
Kim, Hana	0:45:35	0:33:20	3:46:08	25.8	281.3		1:41:41	11:49	11:41
Kuhlman, Kevin	0:31:23	0:35:45	2:57:07	25.8	289.3		1:21:25	09:28	09:00
Lagunas, Jocelyln	1:21:45	0:44:43	3:04:20	30.8	287.3		1:43:36	10:05	09:55
Mendoza, Alejandro	0:49:16	0:38:20	4:08:07	25.8	292.3		1:51:54	13:01	11:36
Nadeau, Kelly	0:41:16	0:30:36	3:32:39	25.8	290.2	UP 9.0	1:34:50	11:02	11:13
Olsen, Schuyler	0:45:10	0:37:56	3:33:25	25.8	284.3		1:38:50	11:30	11:32
Philips, Ryan	0:31:10	0:35:40	3:04:14	25.8	286.2		1:23:41	09:44	10:24
Rojas, Jaret	1:55:10	0:37:56	2:36:11	32.8	289.3		1:43:06	09:26	08:37
Seifert, Angelica	0:45:15	0:34:24	3:26:42	25.8	292.3	UP 6.0	1:35:27	11:06	10:38
Song, Erin	0:46:52	0:32:28	3:47:06	19.0	281.3	UP 1.0	1:42:09	16:08	12:29
Spiker, Katelyn	0:45:15	0:38:57	3:24:02	25.8	286.3		1:36:05	11:10	10:21
Toothman, Anika	0:41:16	0:37:56	3:33:25	25.8	287.3	UP 1.0	1:37:32	11:21	11:15
Vazquez, Valeria	0:51:15	0:41:24		31.0	309.5		0:46:20	02:59	11:44

- 1) Mardi Gras Madness is Sunday 2/25! Participation is required for all studnets and at least one parent / legal guardian!**
- 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, March 1st at coaches discretion to participate in the SOAR's 20 Miler!**
- 3)Final marathon benchmark - SOAR's 20 Miler! Saturday March 3rd! Meet at Placerita JHS 6am!**
- 4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC**
- 5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D**