

SOAR Student Training Progress Week 20- 5 Mile Bench, 15 Mile Hillwork

Student / WK 20	12-Feb	14-Feb	16-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:24:52	0:41:10	2:16:48	23.0	296.3			1:07:37	08:49	08:18
Arana, Luis	0:24:30	0:55:59	2:24:38	23.0	294.3			1:15:02	09:47	09:25
Breault, Charlie	0:30:30	0:57:48	3:31:11	23.0	252.2			1:39:50	13:01	13:17
Cisneros, Matthew	0:28:55	1:09:55	3:18:14	23.0	300.3			1:39:01	12:55	11:56
De La Paz, Jonathan	0:24:46	0:51:00	2:42:32	23.0	294.3			1:19:26	10:22	10:03
Derrick, Samea		0:45:09	2:32:52	20.0	287.3	3.0		1:39:00	09:54	09:25
Diaz, Nadia	0:35:05	1:05:59	3:41:08	23.0	294.3			1:47:24	14:01	13:37
Estrada, Jose	0:34:35	0:51:00	2:47:01	23.0	295.3			1:24:12	10:59	09:51
Ford, Elizabeth	0:28:42	0:52:42	2:47:20	23.0	295.3			1:22:55	10:49	10:43
Gawra, Simardeep	0:24:32	0:44:44	2:38:00	23.0	302.3			1:15:45	09:53	09:11
Kim, Cecilia	0:31:05	0:55:15	3:29:50	23.0	302.3			1:38:43	12:53	12:29
Kim, Evan	0:27:25	0:47:45	2:46:46	23.0	261.2			1:20:39	10:31	11:29
Kuhlman, Kevin	0:25:14	1:09:07	2:21:54	23.0	289.3			1:18:45	10:16	09:10
Martinez, Kimberly		1:01:30		5.0	249.2	18.0	15-Hill	1:01:30	12:18	10:00
Mendoza, Alejandro	0:29:15		3:20:46	18.0	282.3	5.0		1:55:00	12:47	11:17
Menjivar, Brian		1:01:30	3:30:00	20.0	291.3	3.0		2:15:45	13:34	13:26
Nakatani, Kotone		1:01:30		5.0	273.3	18.0	15-Hill	1:01:30	12:18	12:24
Olsen, Schuyler	0:30:30	0:50:56	3:10:30	23.0	294.3			1:30:39	11:49	11:45
Redfern Kaia	0:26:06	0:49:30	2:52:55	23.0	294.3			1:22:50	10:48	10:15
Saturno, Aubrey	0:30:50	0:53:40		8.0	254.2	15.0	15-Hill	0:42:15	10:34	12:00
Seifert, Angelica	0:26:56	0:46:50	2:45:26	23.0	295.2			1:19:44	10:24	10:07
Spiker, Christopher			2:50:40	15.0	274.3	8.0		2:50:40	11:23	09:03
Turpin, Lottie	0:41:13	1:09:07		8.0	275.3	15.0	15-Hill	0:55:10	13:47	14:31
Vadapalli, Dhivya	0:36:10	1:02:10	Waived	8.0	282.3			0:49:10	12:17	12:51
Vazquez, Valeria	0:36:10		3:28:11	18.0	286.3	5.0		2:02:11	13:35	12:38

- 1) MARDI GRAS MADNESS REPORTING TIME IS 530AM SUNDAY 2/24 FOR ALL SOAR STUDENTS!!!**
- 2) MARDI GRAS MADNESS REPORTING TIME IS 530AM SUNDAY 2/24 FOR ALL SOAR STUDENTS!!!**
- 3) Final marathon benchmark - SOAR's 20 Miler! Saturday March 9th! Meet at Placerita JHS 6am!**
- 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, March 7th to participate in the SOAR 20 MILER!**
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC**
- 6) MARDI GRAS MADNESS REPORTING TIME IS 530AM SUNDAY 2/24 FOR ALL SOAR STUDENTS!!!**