

SOAR Student Training Progress Week 22- 5 Mile Bench / 20 Mile Team Qualifier

Student / WK 22	27-Feb	1-Mar	3-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:59:30	0:49:53	4:29:00	29.0	354.7		2:06:08	13:03	12:01
Breault, Charlie	0:58:50	0:54:16	4:42:18	29.0	354.8		2:11:48	13:38	12:52
Cabrera, Alexis	0:58:14	0:46:50	3:43:00	29.0	350.0		1:49:21	11:19	09:46
Carroll-Tramble, Kamari	0:55:45	0:41:08	3:47:54	29.0	346.0		1:48:16	11:12	12:13
Corona, Luis	3:38:50	0:48:48	4:39:12	39.0	341.5		3:02:17	14:01	11:00
Dalgan, Abraham	0:53:05	0:37:52	4:03:00	29.0	346.8		1:51:19	11:31	10:57
DeLaPaz, Jonathan	0:52:44	0:46:03	4:10:33	29.0	354.8		1:56:27	12:03	10:06
Diaz, Nadia	1:02:58	0:47:22	4:37:29	29.0	347.8		2:09:16	13:22	13:42
Estrada, Aimee	3:19:40	0:41:34	3:51:42	39.0	352.5		2:37:39	12:08	10:37
Ford, Elizabeth	0:46:19	0:38:30	3:49:39	29.0	348.8		1:44:49	10:51	11:01
Garcia, Dale			2:20:50	10.0	326.6		2:20:50	14:05	12:47
Godinez, Isis	3:22:30	0:44:14		19.0	318.2	20.0	2:03:22	12:59	11:20
Green, Hannah	0:40:00	0:31:55	3:01:45	29.0	331.8		1:24:33	08:45	09:42
Hoglo, Lukas	0:56:56	0:42:52	4:32:10	29.0	345.7		2:03:59	12:50	12:14
Hoglo, Wyatt	0:42:56	0:31:40	3:14:40	29.0	346.7		1:29:45	09:17	09:04
Islas, Willow	0:56:50	0:46:40	4:18:01	29.0	343.8		2:00:30	12:28	11:54
Kim, Hana	0:53:05	0:40:13	4:35:20	29.0	343.8		2:02:53	12:43	11:43
Kuhlman, Kevin	0:58:38	0:45:00	3:49:00	29.0	355.8	UP 6	1:50:53	11:28	09:16
Lagunas, Jocelyln	0:47:35	0:37:20	3:40:30	29.0	349.8		1:41:48	10:32	09:58
Mendoza, Alejandro	0:56:40	0:46:16	4:16:00	29.0	354.8		1:59:39	12:23	11:41
Nadeau, Kelly		0:38:12	4:17:34	24.0	344.4	UP 1.0	2:27:53	12:19	11:17
Olsen, Schuyler	0:57:07	0:40:55	4:05:00	29.0	346.8		1:54:21	11:50	11:34
Philips, Ryan	0:58:38	0:45:00		9.0	328.7	20.0	0:51:49	11:31	10:29
Rojas, Jaret	0:56:06	0:46:45	3:20:52	29.0	351.8		1:41:14	10:28	08:44
Seifert, Angelica	0:50:04	0:46:30	4:10:33	29.0	347.3		1:55:42	11:58	10:51
Song, Erin	0:55:10	0:40:40	4:20:57	29.0	351.8	UP 9	1:58:56	12:18	12:25
Spiker, Katelyn	0:21:00	0:21:00	2:52:00	19.0	332.6		1:11:20	11:16	10:32
Toothman, Anika	0:59:30	0:49:53	4:24:33	29.0	349.8	UP 1.0	2:04:39	12:54	11:22
Vazquez, Valeria	0:52:44	0:54:16	4:08:45	29.0	353.0		1:58:35	12:16	11:51

- 1) Congrats on completing the SOAR 20 Miler! You are ASTOUNDING!!! Marathon Uniforms / Info Packets Distributed this WEEK!!
- 2) LA Expo rally time 9am Saturday at Lowes. All permission slips to Coach Sarkissian!!
- 3) 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 Sunday, March 11th!! NO MILES MAY BE MADE UP MARATHON WEEK!!
- 4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC