

SOAR Student Training Progress Week 22- 5 Mile Bench, 10 Mile Long

Student / WK 22	26-Feb	28-Feb	2-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:42:52	0:29:22		9.0	315.5	10.0	10.0	0:36:07	08:02	08:18
Arana, Luis	Injured	Injured	0:28:20	3.0	307.5			0:28:20	09:27	09:25
Breault, Charlie	1:04:49	0:48:47	2:15:27	19.0	281.4			1:23:01	13:06	13:17
Cisneros, Matthew	0:57:56	0:53:22	2:08:53	19.0	329.5			1:20:04	12:38	11:56
De La Paz, Jonathan	0:48:52	0:39:19	1:44:18	19.0	323.5			1:04:10	10:08	10:03
Derrick, Samea	0:44:12	0:31:24	1:28:11	19.0	319.5			0:54:36	08:37	09:25
Diaz, Nadia	1:10:58	0:50:12	2:14:00	19.0	323.5			1:25:03	13:26	13:37
Estrada, Jose	0:48:53	0:39:23	1:38:30	19.0	324.5			1:02:15	09:50	09:51
Ford, Elizabeth	0:54:03	0:40:27	1:50:28	19.0	324.5			1:08:19	10:47	10:43
Gawra, Simardeep	0:43:00	0:39:00	1:28:08	19.0	331.5			0:56:43	08:57	09:11
Kim, Cecilia		0:43:00	2:15:27	14.0	331.5	5.0		1:29:14	12:45	12:29
Kim, Evan	0:50:01	0:36:59	1:38:30	19.0	290.4			1:01:50	09:46	11:29
Kuhlman, Kevin	0:41:39	0:30:43	1:27:40	19.0	318.5			0:53:21	08:25	09:10
Martinez, Kimberly	0:50:00	0:43:00		9.0	283.4	13.0	10.0	0:46:30	10:20	10:03
Mendoza, Alejandro	0:52:49	0:39:13	1:59:00	19.0	311.5	5.0		1:10:21	11:06	11:17
Menjivar, Brian	0:50:00	0:43:00		9.0	313.5	10.0	10.0	0:46:30	10:20	13:26
Olsen, Schuyler		0:50:20	2:02:45	14.0	318.5	5.0		1:26:33	12:22	11:45
Redfern Kaia	0:53:34	0:39:07	1:45:58	19.0	323.5			1:06:13	10:27	10:15
Saturno, Aubrey	0:59:01	0:44:15	2:03:15	19.0	298.4			1:15:30	11:55	12:00
Seifert, Angelica	0:51:30	0:36:56	2:19:15	19.0	320.4	4.0		1:15:54	11:59	10:07
Spiker, Christopher	0:54:03	0:32:48	1:27:45	19.0	309.5	2.0		0:58:12	09:11	09:04
Turpin, Lottie	1:10:58	0:55:06	2:27:33	19.0	319.5			1:31:12	14:24	14:33
Vadapalli, Dhivya	1:05:00	0:52:10	2:12:42	19.0	311.5			1:23:17	13:09	12:51
Vazquez, Valeria	1:05:00	0:52:10	Injured	9.0	305.5	5.0		0:58:35	13:01	12:38

- 1) SOAR'S 12th Annual 20 Miler is set for Saturday March 9th!! All student must finish in 5 hours or less to qualify for the LA Marathon!!!**
- 2) REPORTING TIME FOR SOAR'S 20 MILER IS 6AM AT PLACERTITA JHS!!**
- 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!!!**