

SOAR Student Training Progress Week 6- 4 Mile Bench, 4.5 Mile Fidel 5K

Student / WK 6	5-Nov	7-Nov	9-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Agopian, Alex	0:49:00	0:36:10	0:44:39	12.5	65.1			09:02	10:23	09:46	09:46
Akel, Tamara	0:49:00	0:51:00	0:58:38	12.5	65.1			12:45	12:41	12:45	12:46
Andrade, Audrey	0:50:49			4.0	47.6	17.5	5.0	00:00	12:42	14:42	13:49
Barba, Ivanna	0:41:36	0:41:45	0:49:19	12.5	65.1			10:26	10:37	10:52	10:46
Chang, Lauryn	0:47:42	0:47:08	0:56:12	12.5	65.1			11:47	12:05	12:22	12:15
Choi, Vince	0:47:44	0:50:11	0:56:07	12.5	60.5			12:33	12:19	12:29	13:53
Galeano, Gisele		0:46:00		4.0	51.6	13.5	5.0	11:30	11:30	11:34	11:22
Garcia, Bella	0:50:59	0:44:20	0:58:22	12.5	60.1			11:05	12:18	12:39	12:30
Guerrero, Cheyenne	0:44:08	0:40:00	0:49:39	12.5	65.1			10:00	10:42	10:52	10:38
Hernandez, Yoselin	0:48:10	0:48:00	1:02:10	14.0	68.6			12:00	11:19	13:31	12:18
Jawich, Tarek	1:46:10	0:46:40		13.0	60.6	4.5	4.5	11:40	11:45	12:12	11:26
Jimenez, Aaden	INJURED	INJURED	INJURED	0.0	54.6			#VALUE!	#DIV/0!	11:45	10:29
Kayne, Ben	0:31:58	0:30:29	0:36:49	12.5	65.1			07:37	07:57	08:05	08:10
Khvalko, Vladyslav	0:31:00	0:29:55	0:40:37	12.5	65.1			07:29	08:07	08:46	08:43
Krishnamoorth, Advait	1:35:40	0:32:00	0:42:02	17.8	59.9			08:00	09:32	09:07	10:24
Lopez, Jeremy	0:42:24	0:40:11	0:53:29	12.5	65.1			10:03	10:53	11:35	11:33
Mohamed, Zaina	0:45:50	0:43:40	0:54:51	12.5	65.1			10:55	11:33	11:59	11:58
Najera, Sophia	2:25:50	0:47:24	0:57:33	21.8	69.4			11:51	11:30	12:38	12:06
Patel, Anika	1:22:00	0:37:30	0:43:37	17.5	74.6	9.5 UP		09:22	09:19	09:38	09:37
Ramirez, Ireland	0:39:40	0:48:35	2:45:15	20.6	74.2			12:09	12:18	11:36	11:22
Ranu, Jasleen	0:42:46	0:42:50	0:51:17	12.5	65.1			10:43	10:57	11:17	11:23
Samal, Praneel	0:33:56	0:30:30	0:37:02	14.0	66.6			07:38	07:15	08:08	08:26
Soriano, Isabella	1:22:00	0:37:30		13.0	70.1	5 UP		09:22	09:12	10:29	09:54
Ventura, Yelitza	0:43:13	0:42:38	0:48:54	12.5	65.1			10:39	10:47	10:50	11:14
Woldesadik, Isaac	0:40:00		0:55:44	8.5	57.1	9.0		00:00	11:16	12:23	10:48
Zamascikov, Philip	0:41:59	0:49:20	0:50:42	12.5	65.1			12:20	11:22	11:27	11:08

1) A reminder to all to complete your SOAR Participation Agreement at first opportunity. Thanks!

2) Next Team Qualifying Event - 40th Annual Santa Monica / Venice Christmas Run, Saturday, December 14th in Santa Monica.

3) SOAR'S ANNUAL HOLIDAY 50/50 RAFFLE IS ON! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

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, November 12th at coaches discretion to participate in the Santa Monica Christmas Run.

5) Check out SOAR-SC.org. Follow us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC

6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D