

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

Student / WK 20	13-Feb	15-Feb	17-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:38:49	1:02:30	3:35:51	23.3	315.5		1:45:43	13:38	12:00
Breault, Charlie	0:41:44	1:07:02	3:47:12	23.3	315.6		1:51:59	14:25	12:51
Cabrera, Alexis	0:33:06	0:47:05		8.0	295.8	15.0	0:40:06	10:01	09:41
Carroll-Tramble, Kamari	0:49:27	0:39:55	4:02:48	23.3	306.8		1:50:43	14:15	12:17
Commons, Carlee				0.0	286.5	41.0	#DIV/0!	#DIV/0!	09:38
Corona, Luis				0.0	286.3	23.0	#DIV/0!	#DIV/0!	10:38
Dalgan, Abraham	0:27:10	0:55:25	3:12:47	23.3	307.6		1:31:47	11:49	10:57
DeLaPaz, Jonathan	0:31:25	0:52:08	3:10:23	23.3	315.6		1:31:19	11:45	10:02
Diaz, Nadia	2:21:20	1:07:09	4:04:51	32.3	308.6		2:31:07	14:02	13:45
Estrada, Aimee		1:01:00	2:58:13	20.0	307.3	3.0	1:59:36	11:58	10:33
Ford, Elizabeth	0:31:17	0:49:44	2:57:20	23.3	309.6		1:26:07	11:05	11:02
Garcia, Dale	0:38:17	1:04:00	3:45:53	23.3	306.4		1:49:23	14:05	12:36
Godinez, Isis	0:37:18	0:49:12		8.0	283.0	15.0	0:43:15	10:49	11:18
Green, Hannah	0:22:19	0:40:51	2:23:30	7.0	292.6		1:08:53	29:31	09:49
Hoglo, Lukas	0:40:22	1:05:49	3:47:27	23.3	306.5		1:51:13	14:19	12:14
Hoglo, Wyatt	0:29:23	0:49:23	2:46:56	23.3	307.5		1:21:54	10:33	09:05
Islas, Willow	0:30:12	0:57:44	2:41:36	18.3	304.6	5.0	1:23:11	13:38	11:53
Kim, Hana	0:31:25	0:54:37	3:18:34	23.3	304.6		1:34:52	12:13	11:42
Kuhlman, Kevin	0:37:18	0:54:37	3:14:00	23.3	312.6	UP 2	1:35:18	12:16	09:10
Lagunas, Jocelyn	0:29:40	0:49:15	2:55:08	23.3	310.6		1:24:41	10:54	09:58
Mendoza, Alejandro	0:38:17	0:56:58	3:00:50	23.3	315.6		1:32:02	11:51	11:37
Nadeau, Kelly		0:54:12	3:07:13	20.0	310.2	UP 6.0	2:00:43	12:04	11:16
Olsen, Schuyler	0:38:49	0:53:26	3:13:30	23.3	307.6		1:35:15	12:16	11:35
Philips, Ryan	0:37:10	0:54:37	3:14:00	23.3	309.5		1:35:16	12:16	10:30
Rojas, Jaret	0:33:06	0:40:15	2:29:37	23.3	312.6		1:14:19	09:34	08:40
Seifert, Angelica	0:32:14	0:51:37	0:54:40	13.0	305.3	4.0	0:46:10	10:39	10:38
Song, Erin	0:30:54	0:54:52	3:14:53	23.3	304.6	UP 1.0	1:33:33	12:03	12:27
Spiker, Katelyn	0:31:47	0:59:45	3:06:47	23.3	309.6		1:32:46	11:57	10:26
Toothman, Anika	0:38:49	0:53:26	3:24:15	23.3	310.6	UP 1.0	1:38:50	12:44	11:19
Vazquez, Valeria	0:37:26	1:08:08	3:35:45	23.3	308.8		1:47:06	13:47	11:51

- 1) Mardi Gras Madness is Sunday 2/25! Participation is required for all students 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**