

**SOAR Student Training Progress Week 22- 2 Mile Bench, LA Marathon XXXI**

<b>Student / WK 21</b>	<b>9-Feb</b>	<b>11-Feb</b>	<b>14-Feb</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Apolinar, Vanessa	0:22:06		6:35:56	28.20	354.8		3:29:01	0:14:49	0:12:53
Beckwith,Joel	0:16:12	0:15:53	4:45:25	30.20	369.5		1:45:50	0:10:31	0:08:26
Castano, Peter	0:14:30	0:15:53	3:39:31	30.20	373.5		1:23:18	0:08:16	0:07:57
Castro, Jessica	0:16:17	0:16:27	4:53:14	30.20	369.7		1:48:39	0:10:48	0:09:24
Celis, Karen	0:19:27	0:18:40	5:48:48	30.20	369.3		2:08:58	0:12:49	0:11:18
Chavez, Andy	0:16:32	0:16:32	5:31:03	30.20	346.2		2:01:22	0:12:03	0:09:59
DeLapaz, Carlos	0:16:56	0:14:14	6:05:49	30.20	369.1		2:12:20	0:13:09	0:11:48
DeLapaz, Jonathan	0:17:02	0:20:24	5:32:18	30.20	369.3		2:03:15	0:12:15	0:11:49
Fernandez, Marycruz			5:21:45	26.20	370.7		5:21:45	0:12:17	0:11:11
Ford, David	0:17:30	0:17:30	4:39:25	30.20	373.2		1:44:48	0:10:25	0:09:23
Ford, Elizabeth	0:19:53	0:19:53	4:47:39	30.20	379.6		1:49:08	0:10:50	0:09:42
Fragoza, Christian	0:15:25	0:15:22	4:39:14	30.20	352.3		1:43:20	0:10:16	0:10:25
Green, Hannah	0:16:50	0:16:38	4:13:17	30.20	369.4		1:35:35	0:09:30	0:08:53
Green, Sarah	0:19:48	0:19:10	4:42:35	30.20	369.4		1:47:11	0:10:39	0:10:32
Hoglo, Wyatt	0:14:53	0:15:25	5:11:11	30.20	379.1		1:53:50	0:11:18	0:09:46
Ibarra, Mario	0:17:04	0:19:24	5:53:53	30.20	364.9		2:10:07	0:12:56	0:12:17
Javier, Alexandra	0:15:55	0:20:24	4:58:40	30.20	369.4		1:51:40	0:11:06	0:10:52
Javier, Dannah	0:22:06	0:25:02	6:34:43	30.20	363.2		2:27:17	0:14:38	0:12:32
Jonas, Angelica	0:16:54	0:20:47	5:19:40	30.20	364.6		1:59:07	0:11:50	0:10:09
Kuhlman, Kevin	0:16:10	0:15:30	4:37:43	30.20	369.3		1:43:08	0:10:15	0:08:03
Loth, Brooke	0:20:44	0:20:40	5:46:44	30.20	366.9		2:09:23	0:12:51	0:11:35
Luna, Karla	0:20:18	0:20:30	5:48:38	30.20	368.2		2:09:49	0:12:54	0:12:13
Mejia, Victoria	0:20:44	0:19:40	5:54:02	30.20	369.3		2:11:29	0:13:04	0:11:44
Ortiz, Dariana	0:20:44	0:20:24	5:32:21	30.20	369.4		2:04:30	0:12:22	0:11:20
Spiker, Joshua	0:13:35	0:15:35	3:59:36	30.20	369.5		1:29:35	0:08:54	0:07:44
Spiker, Katelyn	0:19:07	0:18:03	5:41:51	30.20	369.9		2:06:20	0:12:33	0:10:52
Storaker, Stacey		0:17:30	4:34:29	28.20	373.9		2:26:00	0:10:21	0:09:44
Uhrig, Caroline	0:19:53		5:11:15	30.20	370.2		2:45:34	0:10:58	0:10:45
Ziemba, Matthew	0:14:52	0:19:19	5:27:50	30.20	369.3		2:00:40	0:11:59	0:10:31

**1) CONGRATULATIONS TEAM 2016!!!!!! YOU ARE AMAZING!!!!!! YOU ARE INSPIRING!!!!!! YOU ARE REMARKABLE!!! YOU ARE MIRACULOUS!!!!**

**2) SAVE THE DATE!! TEAM 2016 CELEBRATION DINNER - FRIDAY APRIL 29TH 6-8PM. MORE INFO COMING SOON!!!!**

**3) FINAL TEAM FUNDRAISER - SATURDAY MARCH 19TH 7-4PM. GRAB YOUR SIGNUP SLOT AT SIGNUPGENIUS.COM!!**

**4) POST YOUR MARATHON PICS AND VIDEO!! FACEBOOK.COM/SOARSANTACLARITA!!**