

Girls Varsity
Under The Lights

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	Spread	PR	A<E
1	Maddie Bosch	06:31.5	06:20.0 ▼	-00:13.9	13:03.0	13:00.0	06:30.0	00:03.9	06:41.0	00:07.1	20:13.6	20:21.1	06:33.9	00:07.5	00:21.0		
2	Maya VanSolkema	07:01.7	06:33.0 ▼	-00:19.6	14:03.4	13:25.0	06:42.5	-00:10.1	07:10.9	00:18.3	21:47.3	21:19.0	06:52.6	-00:28.3	00:37.9		
3	Sierra Grooters	07:26.7	06:46.0 ▼	-00:08.7	14:53.3	13:50.0	06:55.0	00:00.3	06:54.2	-00:00.5	23:04.6	21:25.6	06:54.7	-01:39.0	00:09.0		
4	Carly Bruxvoort	07:35.1	06:43.0 ▼	-00:11.8	15:10.3	13:47.0	06:53.5	-00:01.3	06:57.3	00:02.4	23:30.9	21:26.0	06:54.8	-02:04.9	00:14.3		
5	Maddie Bruxvoort	07:07.6	06:40.0 ▼	-00:18.1	14:15.1	13:40.0	06:50.0	-00:08.1	07:12.8	00:14.7	22:05.4	21:36.1	06:58.1	-00:29.3	00:32.8		
6	Kenna Caryl	07:24.5	06:46.0 ▼	-00:20.7	14:49.1	13:50.0	06:55.0	-00:11.7	07:28.1	00:21.4	22:58.1	22:02.9	07:06.7	-00:55.1	00:42.1		
14	Alaina Gruppen	07:29.8	07:05.0 ▼	-00:42.5	14:59.7	15:47.0	07:53.5	00:06.0	07:36.5	-00:11.0	23:14.5	24:09.1	07:47.5	00:54.6	00:48.5		

Girls JV

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	Spread	PR	A<E
7	Riley DenHartigh	07:37.3	06:52.0 ▼	-00:27.8	15:14.5	14:30.0	07:15.0	-00:04.8	07:28.5	00:08.7	23:37.5	22:43.3	07:19.8	-00:54.2	00:36.5		
8	Lauryn Byker	07:41.0	07:19.0 ▼	-00:08.0	15:22.0	15:03.0	07:31.5	00:04.5	07:18.9	-00:08.1	23:49.0	23:05.8	07:27.0	-00:43.2	00:12.6		
9	Katelynn Boyd	07:42.0	07:09.0 ▼	-00:21.3	15:24.1	14:51.0	07:25.5	-00:04.8	07:38.9	00:08.7	23:52.3	23:15.8	07:30.3	-00:36.5	00:29.9		
10	Ana Beimers	07:35.7	06:51.0 ▼	-00:40.0	15:11.3	15:32.0	07:46.0	00:15.0	07:03.7	-00:27.3	23:32.6	23:18.1	07:31.0	-00:14.5	00:55.0		
11	Caroline Schippers	08:30.3	07:20.0 ▼	-00:11.1	17:00.6	15:10.0	07:35.0	00:03.9	07:23.9	-00:07.1	26:22.0	23:18.3	07:31.1	-03:03.7	00:15.0		
12	Katie Landstra	07:58.5	07:45.0 ▲	00:07.6	15:57.0	15:16.0	07:38.0	00:00.6	07:36.2	-00:01.2	24:43.3	23:37.8	07:37.4	-01:05.5	00:08.8		
13	Noelle Nienhuis	08:00.6	07:25.0 ▼	-00:16.2	16:01.2	15:08.0	07:34.0	-00:07.2	07:54.3	00:13.1	24:49.9	23:49.7	07:41.2	-01:00.2	00:29.3		
15	Alyssa Seinen	08:06.4	07:29.0 ▼	-00:20.6	16:12.9	15:33.0	07:46.5	-00:03.1	07:55.1	00:05.5	25:08.0	24:15.6	07:49.6	-00:52.4	00:26.1		
16	Taryn Landers	07:58.0	07:45.0 ▼	-00:06.1	15:55.9	15:30.0	07:45.0	-00:06.1	08:02.1	00:11.0	24:41.7	24:20.3	07:51.1	-00:21.3	00:17.1		
17	Natalie Kooyer	08:14.4			16:28.8	15:51.0	07:55.5	-00:13.9	08:34.6	00:25.3	25:32.6	25:17.1	08:09.4	-00:15.5	00:39.1		
18	Kasey Haartman	08:16.0	08:05.0 ▼	-00:06.7	16:32.0	16:28.0	08:14.0	00:02.3	08:07.6	-00:04.2	25:37.6	25:24.3	08:11.7	-00:13.3	00:09.0		
19	Avery Dekker	08:16.0	08:05.0 ▼	-00:18.5	16:32.0	16:30.0	08:15.0	-00:08.5	08:38.9	00:15.4	25:37.6	26:00.8	08:23.5	00:23.2	00:33.9		
20	Lydia VanderMolen	09:06.4	08:30.0 ▲	00:00.6	18:12.8	17:08.0	08:34.0	00:04.6	08:21.1	-00:08.3	28:13.8	26:19.2	08:29.4	-01:54.6	00:12.9		
21	Sophia Miller	09:47.8	08:25.0 ▼	-00:08.1	19:35.5	17:03.0	08:31.5	-00:01.6	08:36.0	00:02.9	30:22.1	26:30.6	08:33.1	-03:51.4	00:11.0		
22	Ashley Binder	10:24.4	08:42.0 ▼	-00:06.4	20:48.7	18:02.0	09:01.0	00:12.6	08:25.6	-00:22.9	32:15.5	27:18.1	08:48.4	-04:57.4	00:35.4		
23	Aeris Ensing	10:13.2	08:32.0 ▼	-00:29.2	20:26.4	17:40.0	08:50.0	-00:11.2	09:21.5	00:20.3	31:41.0	27:57.6	09:01.2	-03:43.4	00:49.5		
24	Alli Wassink	08:56.3	08:42.0 ▼	-00:21.3	17:52.6	18:02.0	09:01.0	-00:02.3	09:07.4	00:04.1	27:42.5	28:04.1	09:03.3	00:21.6	00:25.4		
25	Kylie Leatherman	09:37.2	08:32.0 ▼	-00:32.3	19:14.3	18:02.0	09:01.0	-00:03.3	09:10.4	00:06.0	29:49.2	28:07.4	09:04.3	-01:41.8	00:38.4		
26	Noelle Wielhouwer	09:52.5	09:19.0 ▲	00:09.7	19:45.1	19:00.0	09:30.0	00:20.7	08:31.7	-00:37.6	30:36.9	28:22.9	09:09.3	-02:14.0	00:58.3		
27	Alaina Miedema	10:29.1	10:09.0 ▼	-00:26.5	20:58.3	21:05.0	10:32.5	-00:03.0	10:40.9	00:05.4	32:30.3	32:50.0	10:35.5	00:19.7	00:31.9		

Legend:

Mile1_Est	Estimated time to pass Mile 1
Mile1_Act	Actual Time to pass mile 1 checkpoint
1vsAvg	+/- compared to average PPM for mile 1
Mile2_Est	Estimated Mile 2
Mile2_Act	Actual Mile 2
Mile2_PPM	Mile 2 PPM
2vsAvg	+/- compared to average PPM for mile 2
Mile3_PPM	Mile 2 to finish of 1.1 miles at a PPM
3vsAvg	+/- compared to average PPM for mile 3.1
Est_Finish	Estimated Finish
Actual	Actual Finish
Act_PPM	Actual PPM for entire race
Act_vs_Est	+/- from estimate
Spread	Difference between fastest mile and slowest mile.
PR	Personal Record
A<E	Actual less than Estimated

Sub	19:59.9
Gold	21:59.9
Silver	23:59.9
Bronze	

Athlete	Race1	Race2	Race3	Race4	Race5	Race6	Race7	Race8	Race9	Race10	Race11	PR	SR	Avg.	PR This Season
Maddie Bosch	20:21.1											20:21.1	20:21.1	20:21.1	🏆
Maya VanSolkema	21:19.0											21:19.0	21:19.0	21:19.0	🏆
Sierra Grooters	21:25.6											20:46.3	21:25.6	21:25.6	
Carly Bruxvoort	21:26.0											21:26.0	21:26.0	21:26.0	🏆
Maddie Bruxvoort	21:36.1											19:55.5	21:36.1	21:36.1	
Kenna Caryl	22:02.9											22:02.9	22:02.9	22:02.9	🏆
Riley DenHartigh	22:43.3											22:43.3	22:43.3	22:43.3	🏆
Lauryn Byker	23:05.8											21:50.5	23:05.8	23:05.8	
Katelynn Boyd	23:15.8											21:50.3	23:15.8	23:15.8	
Ana Beimers	23:18.1											20:50.2	23:18.1	23:18.1	
Caroline Schippers	23:18.3											23:18.3	23:18.3	23:18.3	🏆
Katie Landstra	23:37.8											23:25.7	23:37.8	23:37.8	
Noelle Nienhuis	23:49.7											20:28.3	23:49.7	23:49.7	
Alaina Gruppen	24:09.1											24:09.1	24:09.1	24:09.1	🏆
Alyssa Seinen	24:15.6											22:55.9	24:15.6	24:15.6	
Taryn Landers	24:20.3											21:09.3	24:20.3	24:20.3	
Natalie Kooyer	25:17.1											21:08.7	25:17.1	25:17.1	
Kasey Haartman	25:24.3											23:16.4	25:24.3	25:24.3	
Avery Dekker	26:00.8											23:15.4	26:00.8	26:00.8	
Lydia VanderMolen	26:19.2											22:19.5	26:19.2	26:19.2	
Sophia Miller	26:30.6											26:30.6	26:30.6	26:30.6	🏆
Ashley Binder	27:18.1											27:18.1	27:18.1	27:18.1	🏆
Aeris Ensing	27:57.6											27:57.6	27:57.6	27:57.6	🏆
Alli Wassink	28:04.1											28:04.1	28:04.1	28:04.1	🏆
Kylie Leatherman	28:07.4											28:07.4	28:07.4	28:07.4	🏆
Noelle Wielhouwer	28:22.9											28:22.9	28:22.9	28:22.9	🏆
Alaina Miedema	32:50.0											32:50.0	32:50.0	32:50.0	🏆

Varsity	Top 5 (Goal 1:40:29)	1:46:08												1:46:08	1:46:08
	Top 7 (Goal 2:29:28)	2:30:54												2:30:54	2:30:54
	Spread (1:50)	0:02:22												0:02:22	0:02:22
JV	Top 5	1:56:36												1:56:36	1:56:36
	Top 7 (Goal 2:43.16)	2:44:35												2:44:35	2:44:35
	Spread	0:01:03												0:01:03	0:01:03

Gold = top 7 in race
Green = Season Record

Race1 Under The Lights

Race2 Gold 19:59.9
Race3 Silver 21:59.9
Race4 Bronze 23:59.9

Race5
Race6
Race7
Race8
Race9
Race10
Race11
Race12

Boys Varsity
Under The Lights

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	Spread	PR	A<E
1	Caleb DenHartigh	06:17.2	05:38.0 ▼	-00:08.9	12:34.3	11:31.0	05:45.5	▼ -00:01.4	05:49.6	▼ 00:02.6	19:29.2	● 17:55.5	05:46.9	-01:33.7	00:11.6	🏆	🏆
2	Grady Bremer	06:09.2	05:38.0 ▼	-00:14.1	12:18.4	11:33.0	05:46.5	▼ -00:05.6	06:02.4	00:10.2	19:04.5	● 18:11.6	05:52.1	-00:52.9	00:24.4	🏆	🏆
4	Caden Leatherman	06:19.8	06:00.0 ▼	-00:11.0	12:39.6	12:22.0	06:11.0	00:00.0	06:10.9	-00:00.1	19:37.4	● 19:10.0	06:11.0	-00:27.4	00:11.0	🏆	🏆
6	Benjamin Hoekstra	06:26.7	06:10.0 ▼	-00:04.2	12:53.4	12:34.0	06:17.0	00:02.8	06:09.0	-00:05.2	19:58.8	● 19:19.9	06:14.2	-00:38.9	00:08.0	🏆	🏆
7	Evan Miedema	06:20.3	06:10.0 ▼	-00:12.6	12:40.7	12:34.0	06:17.0	▼ -00:05.6	06:32.6	00:10.1	19:39.1	● 19:45.9	06:22.6	00:06.8	00:22.6		
8	Lukas Wierenga	06:31.0	06:10.0 ▼	-00:15.7	13:01.9	12:45.0	06:22.5	▼ -00:03.2	06:31.5	00:05.8	20:12.0	● 19:55.6	06:25.7	-00:16.4	00:21.5	🏆	🏆
9	Tyler Bakhuyzen	06:24.1	06:18.0 ▼	-00:11.4	12:48.1	12:48.0	06:24.0	▼ -00:05.4	06:39.1	00:09.7	19:50.6	● 20:07.0	06:29.4	00:16.4	00:21.1		

Boys JV

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	Spread	PR	A<E
3	Ethan Miller	07:03.8	06:11.0 ▼	00:00.3	14:07.7	12:22.0	06:11.0	00:00.3	06:10.2	▼ -00:00.5	21:53.9	● 19:09.2	06:10.7	-02:44.7	00:00.8		🏆
5	Alex Ten Haken	06:51.6	06:10.0 ▼	-00:02.4	13:43.3	12:46.0	06:23.0	00:10.6	05:53.0	▼ -00:19.3	21:16.1	● 19:14.3	06:12.4	-02:01.8	00:30.0	🏆	🏆
10	Dylan Duimstra	07:08.6	06:31.0 ▼	-00:11.4	14:17.2	13:20.0	06:40.0	-00:02.4	06:46.6	00:04.3	22:08.7	● 20:47.3	06:42.4	-01:21.4	00:15.6	🏆	🏆
11	Alden Lucas	07:18.7	06:52.0 ▼	-00:05.7	14:37.4						22:40.0	○ 21:35.0	06:57.7	-01:05.0	00:00.0	🏆	🏆
12	Everett Kalsbeek	07:31.4	06:35.0 ▼	-00:23.0	15:02.9	13:18.0	06:39.0	-00:19.0	07:32.5	▲ 00:34.5	23:19.4	○ 21:35.7	06:58.0	-01:43.7	00:57.5	🏆	🏆
13	Jacob Kuipers	07:03.3	06:44.0 ▼	-00:14.6	14:06.6	14:08.0	07:04.0	00:05.4	06:48.7	▼ -00:09.8	21:52.3	○ 21:37.6	06:58.6	-00:14.7	00:20.0	🏆	🏆
14	Brandon Weber	07:42.6	06:59.0 ▼	-00:01.6	15:25.1	14:05.0	07:02.5	00:01.9	06:57.3	▼ -00:03.4	23:54.0	○ 21:44.0	07:00.6	-02:10.0	00:05.2	🏆	🏆
15	Lucas Buys	07:39.9	07:40.0 ▼	00:12.9	15:19.8	15:17.0	07:38.5	00:11.4	07:06.5	▼ -00:20.7	23:45.7	○ 23:06.1	07:27.1	-00:39.6	00:33.5	🏆	🏆
16	Johnny Gruppen	07:48.4	07:29.0 ▼	-00:03.1	15:36.8	15:12.0	07:36.0	00:03.9	07:24.9	▼ -00:07.1	24:12.1	○ 23:21.4	07:32.1	-00:50.6	00:11.1	🏆	🏆
17	Evan Schrier	07:47.3	07:09.0 ▼	-00:29.6	15:34.7	15:08.0	07:34.0	-00:04.6	07:46.9	▲ 00:08.3	24:08.8	○ 23:41.6	07:38.6	-00:27.2	00:37.9	🏆	🏆
18	Logan Kowalke	08:16.5	07:51.0 ▼	-00:05.0	16:33.0	16:27.0	08:13.5	00:17.5	07:24.1	▼ -00:31.9	25:39.2	○ 24:35.5	07:56.0	-01:03.7	00:49.4	🏆	🏆
19	Ben Brower											○ 24:36.0	07:56.1			🏆	
20	Cole Schmidt	09:52.5	08:36.0 ▼	-00:19.8	19:45.1	17:44.0	08:52.0	-00:03.8	09:02.7	▲ 00:06.9	30:36.9	○ 27:41.0	08:55.8	-02:55.8	00:26.7		🏆
21	Connor Scholma	11:13.7	09:12.0 ▼	-00:25.4	22:27.4	19:35.0	09:47.5	00:10.1	09:19.1	▼ -00:18.3	34:48.5	○ 29:50.0	09:37.4	-04:58.4	00:35.5		🏆

Legend:

Mile1_Est	Estimated time to pass Mile 1		
Mile1_Act	Actual Time to pass mile 1 checkpoint		
1vsAvg	+/- compared to average PPM for mile 1	▲	Below Average PPM
Mile2_Est	Estimated Mile 2	■	On Target
Mile2_Act	Actual Mile 2	▼	Above Average PPM
Mile2_PPM	Mile 2 PPM		
2vsAvg	+/- compared to average PPM for mile 2		
Mile3_PPM	Mile 2 to finish of 1.1 miles at a PPM		
3vsAvg	+/- compared to average PPM for mile 3.1		
Est_Finish	Estimated Finish		
Actual	Actual Finish		
Act_PPM	Actual PPM for entire race		
Act_vs_Est	+/- from estimate		
Spread	Difference between fastest mile and slowest mile.		
PR	Personal Record		
A<E	Actual less than Estimated		

Gold	16:59.9
Silver	18:59.9
Bronze	20:59.0

Athlete	Race1	Race2	Race3	Race4	Race5	Race6	Race7	Race8	Race9	Race10	Race11	PR	SR	Avg.	Improvement	PR This Season
Caleb DenHartigh	17:55.5											17:55.5	17:55.5	17:55.5		🏆
Grady Bremer	18:11.6											17:54.7	18:11.6	18:11.6		
Ethan Miller	19:09.2											18:02.6	19:09.2	19:09.2		
Caden Leatherman	19:10.0											18:34.1	19:10.0	19:10.0		
Alex Ten Haken	19:14.3											19:14.3	19:14.3	19:14.3		🏆
Benjamin Hoekstra	19:19.9											18:20.8	19:19.9	19:19.9		
Evan Miedema	19:45.9											18:20.1	19:45.9	19:45.9		
Lukas Wierenga	19:55.6											19:55.6	19:55.6	19:55.6		🏆
Tyler Bakhuyzen	20:07.0											18:35.8	20:07.0	20:07.0		
Dylan Duimstra	20:47.3											20:47.3	20:47.3	20:47.3		🏆
Alden Lucas	21:35.0											21:35.0	21:35.0	21:35.0		🏆
Everett Kalsbeek	21:35.7											21:35.7	21:35.7	21:35.7		🏆
Jacob Kuipers	21:37.6											20:19.4	21:37.6	21:37.6		
Brandon Weber	21:44.0											21:44.0	21:44.0	21:44.0		🏆
Lucas Buys	23:06.1											23:06.1	23:06.1	23:06.1		🏆
Johnny Gruppen	23:21.4											23:21.4	23:21.4	23:21.4		🏆
Evan Schrier	23:41.6											21:44.7	23:41.6	23:41.6		
Logan Kowalke	24:35.5											24:35.5	24:35.5	24:35.5		🏆
Ben Brower	24:36.0											24:36.0	24:36.0	24:36.0		🏆
Cole Schmidt	27:41.0											22:36.1	27:41.0	27:41.0		
Connor Scholma	29:50.0											24:53.4	29:50.0	29:50.0		

Varsity	Top 5 (Goal 1:26:01)	1:33:41											1:33:41	1:33:41	Avg: 0:00:00	
	Top 7 (Goal 2:01:08)	2:12:46											2:12:46	2:12:46		
	Spread (1:00)	0:01:50											0:01:50	0:01:50		
JV	Top 5	1:44:01											1:44:01	1:44:01		
	Top 7 (Goal 2:11:33)	2:27:22											2:27:22	2:27:22		
	Spread	0:01:48											0:01:48	0:01:48		

Gold = top 7 in race
Green = Season Record

Race1	Under The Lights		
Race2			
Race3		Gold	16:59.9
Race4		Silver	18:59.9
Race5		Bronze	20:59.0
Race6			
Race7			
Race8			
Race9			
Race10			
Race11			
Race12			

Improvement is defined as difference between slowest and fastest races