

Girls Varsity  
Unity Invitational

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	06:33.9	<b>06:22.0</b> ▼	-00:23.4	13:07.8	<b>13:48.0</b>	06:54.0 ▲	00:08.6	06:29.6 ▼	-00:15.7	20:21.1	<b>20:56.6</b>	06:45.4	00:35.5	00:32.0		
2	Maya VanSolkema	06:52.6	<b>06:50.0</b> ▼	-00:27.3	13:45.2	<b>14:42.0</b>	07:21.0 ■	00:03.7	07:10.6 ▼	-00:06.7	21:19.0	<b>22:35.7</b>	07:17.3	01:16.7	00:31.0		
3	Carly Bruxvoort	06:54.8	<b>07:00.0</b> ▼	-00:19.0	13:49.7	<b>15:06.0</b>	07:33.0 ▲	00:14.0	06:53.5 ▼	-00:25.5	21:26.0	<b>22:40.8</b>	07:19.0	01:14.8	00:39.5		
4	Sierra Grooters	06:54.7	<b>07:00.0</b> ▼	-00:19.4	13:49.4	<b>15:06.0</b>	07:33.0 ▲	00:13.6	06:54.6 ▼	-00:24.7	21:25.6	<b>22:42.1</b>	07:19.4	01:16.5	00:38.4		
5	Maddie Bruxvoort	06:58.1	<b>07:00.0</b> ▼	-00:21.8	13:56.2	<b>15:06.0</b>	07:33.0 ▲	00:11.2	07:01.4 ▼	-00:20.4	21:36.1	<b>22:49.5</b>	07:21.8	01:13.4	00:33.0		
7	Riley DenHartigh	07:19.8	<b>07:09.0</b> ▼	-00:22.1	14:39.6	<b>15:28.0</b>	07:44.0 ▲	00:12.9	07:07.7 ▼	-00:23.4	22:43.3	<b>23:18.5</b>	07:31.1	00:35.2	00:36.3		
8	Kenna Caryl	07:06.7	<b>07:00.0</b> ▼	-00:35.8	14:13.5	<b>15:22.0</b>	07:41.0 ▲	00:05.2	07:26.4 ▼	-00:09.4	22:02.9	<b>23:33.0</b>	07:35.8	01:30.1	00:41.0		

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
6	Alaina Gruppen	07:47.5	<b>07:09.0</b> ▼	-00:19.9	15:34.9	<b>15:28.0</b>	07:44.0 ▲	00:15.1	07:01.4 ▼	-00:27.5	24:09.1	<b>23:11.5</b>	07:28.9	-00:57.6	00:42.6	🏆	🏆
9	Lauryn Byker	07:27.0	<b>07:29.0</b> ▼	-00:12.9	14:54.1	<b>15:45.0</b>	07:52.5 ▲	00:10.6	07:22.6 ▼	-00:19.3	23:05.8	<b>23:51.9</b>	07:41.9	00:46.1	00:29.9		
10	Katelynn Boyd	07:30.3	<b>07:29.0</b> ▼	-00:23.8	15:00.5	<b>16:02.0</b>	08:01.0 ▲	00:08.2	07:37.8 ▼	-00:15.0	23:15.8	<b>24:25.6</b>	07:52.8	01:09.8	00:32.0		
11	Noelle Nienhuis	07:41.2	<b>07:35.0</b> ▼	-00:23.9	15:22.4	<b>16:24.0</b>	08:12.0 ▲	00:13.1	07:35.0 ▼	-00:23.9	23:49.7	<b>24:44.5</b>	07:58.9	00:54.8	00:37.0		
12	Taryn Landers	07:51.1	<b>07:35.0</b> ▼	-00:24.6	15:42.1	<b>16:15.0</b>	08:07.5 ▲	00:07.9	07:45.4 ▼	-00:14.3	24:20.3	<b>24:46.9</b>	07:59.6	00:26.6	00:32.5		
13	Alyssa Seinen	07:49.6	<b>07:45.0</b> ▼	-00:18.7	15:39.1	<b>16:36.0</b>	08:18.0 ▲	00:14.3	07:37.8 ▼	-00:25.9	24:15.6	<b>24:59.6</b>	08:03.7	00:44.0	00:40.2		
14	Ana Beimers	07:31.0	<b>07:22.0</b> ▼	-00:44.7	15:02.0	<b>16:22.0</b>	08:11.0 ■	00:04.3	07:58.8 ▼	-00:07.9	23:18.1	<b>25:08.7</b>	08:06.7	01:50.6	00:49.0		
15	Caroline Schippers	07:31.1	<b>07:45.0</b> ▼	-00:26.4	15:02.1	<b>16:41.0</b>	08:20.5 ▲	00:09.1	07:54.8 ▼	-00:16.6	23:18.3	<b>25:23.3</b>	08:11.4	02:05.0	00:35.5		
16	Katie Landstra	07:37.4	<b>07:35.0</b> ▼	-00:36.5	15:14.7	<b>16:35.0</b>	08:17.5 ▲	00:06.0	08:00.6 ▼	-00:10.9	23:37.8	<b>25:23.6</b>	08:11.5	01:45.8	00:42.5		
17	Natalie Kooyer	08:09.4	<b>07:45.0</b> ▼	-00:28.8	16:18.8	<b>16:49.0</b>	08:24.5 ▲	00:10.7	07:54.3 ▼	-00:19.5	25:17.1	<b>25:30.7</b>	08:13.8	00:13.6	00:39.5		
18	Noelle Wielhouwer	09:09.3	<b>07:45.0</b> ▼	-00:28.8	18:18.6	<b>16:49.0</b>	08:24.5 ▲	00:10.7	07:54.5 ▼	-00:19.4	28:22.9	<b>25:30.9</b>	08:13.8	-02:52.0	00:39.5	🏆	🏆
19	Kasey Haartman	08:11.7	<b>08:11.0</b> ▼	-00:19.8	16:23.4	<b>17:40.0</b>	08:50.0 ▲	00:19.2	07:56.0 ▼	-00:34.8	25:24.3	<b>26:23.6</b>	08:30.8	00:59.3	00:54.0		
20	Lydia VanderMolen	08:29.4	<b>07:45.0</b> ▼	-00:46.6	16:58.8	<b>17:28.0</b>	08:44.0 ▲	00:12.4	08:09.2 ▼	-00:22.5	26:19.2	<b>26:26.1</b>	08:31.6	00:06.9	00:59.0		
21	Avery Dekker	08:23.5	<b>08:11.0</b> ▼	-00:39.3	16:47.0	<b>17:40.0</b>	08:50.0 ■	00:00.3	08:50.7 ■	00:00.5	26:00.8	<b>27:23.8</b>	08:50.3	01:23.0	00:39.7		
22	Ashley Binder	08:48.4	<b>08:42.0</b> ▼	-00:40.2	17:36.8	<b>19:16.0</b>	09:38.0 ▲	00:15.8	08:53.6 ▼	-00:28.7	27:18.1	<b>29:02.9</b>	09:22.2	01:44.8	00:56.0		
23	Alli Wassink	09:03.3	<b>08:43.0</b> ▼	-00:51.2	18:06.5	<b>19:38.0</b>	09:49.0 ▲	00:14.8	09:07.3 ▼	-00:26.9	28:04.1	<b>29:40.0</b>	09:34.2	01:35.9	01:06.0		
24	Aeris Ensing	09:01.2	<b>08:42.0</b> ▼	-00:59.6	18:02.3	<b>19:35.0</b>	09:47.5 ▲	00:05.9	09:30.8 ▼	-00:10.8	27:57.6	<b>30:02.9</b>	09:41.6	02:05.3	01:05.5		
25	Kylie Leatherman	09:04.3	<b>08:45.0</b> ▼	-01:16.4	18:08.7	<b>20:18.0</b>	10:09.0 ▲	00:07.6	09:47.6 ▼	-00:13.8	28:07.4	<b>31:04.3</b>	10:01.4	02:56.9	01:24.0		
26	Alaina Miedema	10:35.5	<b>09:43.0</b> ▼	-01:37.9	21:11.0	<b>22:44.0</b>	11:22.0 ■	00:01.1	11:18.9 ■	-00:02.0	32:50.0	<b>35:10.8</b>	11:20.9	02:20.8	01:39.0		
27	Sophia Miller	08:33.1			17:06.2						26:30.6						

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

▲	Below Average PPM
■	On Target
▼	Above Average PPM

Sub	19:59.9
Gold	21:59.9
Silver	23:59.9
Bronze	25:59.9

Athlete	Race1	Race2	Race3	Race4	Race5	Race6	Race7	Race8	Race9	Race10	Race11	PR	SR	Avg.	Improvement	PR This Season
Maddie Bosch	20:21.1	0:20:57										20:21.1	20:21.1	20:38.9	-0:00:35	🏆
Maya VanSolkema	21:19.0	0:22:36										21:19.0	21:19.0	21:57.4	-0:01:17	🏆
Carly Bruxvoort	21:26.0	0:22:41										21:26.0	21:26.0	22:03.4	-0:01:15	🏆
Sierra Grooters	21:25.6	0:22:42										20:46.3	21:25.6	22:03.9	-0:01:16	
Maddie Bruxvoort	21:36.1	0:22:50										19:55.5	21:36.1	22:12.8	-0:01:13	
Alaina Gruppen	24:09.1	0:23:12										23:11.5	23:11.5	23:40.3	-0:00:58	🏆
Riley DenHartigh	22:43.3	0:23:19										22:43.3	22:43.3	23:00.9	-0:00:35	🏆
Kenna Caryl	22:02.9	0:23:33										22:02.9	22:02.9	22:48.0	-0:01:30	🏆
Lauryn Byker	23:05.8	0:23:52										21:50.5	23:05.8	23:28.9	-0:00:46	
Katelynn Boyd	23:15.8	0:24:26										21:50.3	23:15.8	23:50.7	-0:01:10	
Noelle Nienhuis	23:49.7	0:24:45										20:28.3	23:49.7	24:17.1	-0:00:55	
Taryn Landers	24:20.3	0:24:47										21:09.3	24:20.3	24:33.6	-0:00:27	
Alyssa Seinen	24:15.6	0:25:00										22:55.9	24:15.6	24:37.6	-0:00:44	
Ana Beimers	23:18.1	0:25:09										20:50.2	23:18.1	24:13.4	-0:01:51	
Caroline Schippers	23:18.3	0:25:23										23:18.3	23:18.3	24:20.8	-0:02:05	🏆
Katie Landstra	23:37.8	0:25:24										23:25.7	23:37.8	24:30.7	-0:01:46	
Natalie Kooyer	25:17.1	0:25:31										21:08.7	25:17.1	25:23.9	-0:00:14	
Noelle Wielhouwer	28:22.9	0:25:31										25:30.9	25:30.9	26:56.9	-0:02:52	🏆
Kasey Haartman	25:24.3	0:26:24										23:16.4	25:24.3	25:54.0	-0:00:59	
Lydia VanderMolen	26:19.2	0:26:26										22:19.5	26:19.2	26:22.7	-0:00:07	
Avery Dekker	26:00.8	0:27:24										23:15.4	26:00.8	26:42.3	-0:01:23	
Ashley Binder	27:18.1	0:29:03										27:18.1	27:18.1	28:10.5	-0:01:45	🏆
Alli Wassink	28:04.1	0:29:40										28:04.1	28:04.1	28:52.1	-0:01:36	🏆
Aeris Ensing	27:57.6	0:30:03										27:57.6	27:57.6	29:00.3	-0:02:05	🏆
Kylie Leatherman	28:07.4	0:31:04										28:07.4	28:07.4	29:35.9	-0:02:57	🏆
Alaina Miedema	32:50.0	0:35:11										32:50.0	32:50.0	34:00.4	-0:02:21	🏆
Sophia Miller	26:30.6											26:30.6	26:30.6	26:30.6		🏆

Varsity	<b>Top 5 (Goal 1:40:29)</b>	<b>1:46:08</b>	<b>1:51:45</b>										<b>1:46:08</b>	<b>1:48:56</b>	Avg: -0:01:17	
	<b>Top 7 (Goal 2:29:28)</b>	<b>2:30:54</b>	<b>2:38:15</b>										<b>2:30:54</b>	<b>2:34:45</b>		
	<b>Spread (1:50)</b>	<b>0:02:22</b>	<b>0:02:22</b>										<b>0:02:22</b>	<b>0:02:22</b>		
JV	<b>Top 5</b>	<b>1:56:36</b>	<b>2:01:22</b>										<b>1:56:10</b>	<b>1:59:30</b>		
	<b>Top 7 (Goal 2:43.16)</b>	<b>2:44:35</b>	<b>2:51:30</b>										<b>2:43:37</b>	<b>2:48:22</b>		
	<b>Spread</b>	<b>0:01:03</b>	<b>0:01:36</b>										<b>0:00:44</b>	<b>0:01:02</b>		

Gold = top 7 in race  
Green = Season Record

Race1 Under The Lights  
Race2 Unity Invitational  
Race3  
Race4  
Race5  
Race6  
Race7  
Race8  
Race9  
Race10  
Race11  
Race12

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

Improvement is defined as difference between slowest and fastest races

Boys Varsity  
Unity Invitational

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	05:46.9	<b>05:54.0</b> ▼	-00:08.8	11:33.9	<b>12:32.0</b>	06:16.0 ▲	00:13.2	05:38.9 ▼	-00:23.9	17:55.5	● <b>18:44.8</b>	06:02.8	00:49.3	00:37.1		
2	Grady Bremer	05:52.1	<b>05:54.0</b> ▼	-00:13.1	11:44.3	<b>12:37.0</b>	06:18.5 ▲	00:11.4	05:46.4	-00:20.7	18:11.6	● <b>18:58.0</b>	06:07.1	00:46.4	00:32.1		
3	Alex Ten Haken	06:12.4	<b>05:58.0</b> ▼	-00:17.9	12:24.7	<b>13:00.0</b>	06:30.0 ▲	00:14.1	05:50.2	-00:25.7	19:14.3	● <b>19:25.2</b>	06:15.9	00:10.9	00:39.8		
4	Caden Leatherman	06:11.0	<b>05:57.0</b> ▼	-00:29.4	12:21.9	<b>13:06.0</b>	06:33.0 ▲	00:06.6	06:14.4	-00:12.0	19:10.0	● <b>19:57.8</b>	06:26.4	00:47.8	00:36.0		
5	Benjamin Hoekstra	06:14.2	<b>06:11.0</b> ▼	-00:25.0	12:28.3	<b>13:38.0</b>	06:49.0 ▲	00:13.0	06:12.4	-00:23.6	19:19.9	● <b>20:27.6</b>	06:36.0	01:07.7	00:38.0		
7	Evan Miedema	06:22.6	<b>06:20.0</b> ▼	-00:28.6	12:45.1	<b>13:59.0</b>	06:59.5 ▲	00:10.9	06:28.6	-00:19.9	19:45.9	○ <b>21:06.5</b>	06:48.6	01:20.6	00:39.5		
20	Ethan Miller	06:10.7			12:21.4						19:09.2						

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
6	Lukas Wierenga	06:25.7	<b>06:18.0</b> ▼	-00:18.7	12:51.4	<b>13:32.0</b>	06:46.0 ▲	00:09.3	06:19.8 ▼	-00:16.9	19:55.6	● <b>20:29.8</b>	06:36.7	00:34.2	00:28.0		
8	Tyler Bakhuyzen	06:29.4	<b>06:17.0</b>	-00:40.0	12:58.7	<b>14:06.0</b>	07:03.0	00:06.0	06:46.2 ▼	-00:10.8	20:07.0	○ <b>21:32.8</b>	06:57.0	01:25.8	00:46.0		
9	Dylan Duimstra	06:42.4	<b>06:43.0</b>	-00:15.4	13:24.7	<b>14:21.0</b>	07:10.5	00:12.1	06:36.3 ▼	-00:22.1	20:47.3	○ <b>21:36.9</b>	06:58.4	00:49.6	00:34.2		
10	Jacob Kuipers	06:58.6	<b>06:43.0</b>	-00:19.6	13:57.2	<b>14:35.0</b>	07:17.5	00:14.9	06:35.6 ▼	-00:27.0	21:37.6	○ <b>21:50.2</b>	07:02.6	00:12.6	00:41.9		
11	Everett Kalsbeek	06:58.0	<b>06:25.0</b>	-00:39.7	13:55.9	<b>14:16.0</b>	07:08.0	00:03.3	06:58.8 ▼	-00:05.9	21:35.7	○ <b>21:56.7</b>	07:04.7	00:21.0	00:43.0		
12	Alden Lucas	06:57.7	<b>06:44.0</b>	-00:43.0	13:55.5	<b>15:02.0</b>	07:31.0	00:04.0	07:19.8 ▼	-00:07.2	21:35.0	○ <b>23:05.8</b>	07:27.0	01:30.8	00:47.0		
13	Brandon Weber	07:00.6	<b>06:54.0</b>	-00:35.4	14:01.3	<b>15:16.0</b>	07:38.0	00:08.6	07:13.6 ▼	-00:15.7	21:44.0	○ <b>23:13.0</b>	07:29.4	01:29.0	00:44.0		
14	Johnny Gruppen	07:32.1	<b>07:21.0</b>	-00:19.7	15:04.1	<b>15:58.0</b>	07:59.0	00:18.3	07:07.6 ▼	-00:33.2	23:21.4	○ <b>23:48.3</b>	07:40.7	00:26.9	00:51.4		
15	Lucas Buys	07:27.1	<b>07:25.0</b>	-00:17.1	14:54.3	<b>15:59.0</b>	07:59.5	00:17.4	07:10.6 ▼	-00:31.6	23:06.1	○ <b>23:52.6</b>	07:42.1	00:46.5	00:48.9		
16	Evan Schrier	07:38.6	<b>07:37.0</b>	-00:37.2	15:17.2	<b>16:55.0</b>	08:27.5	00:13.3	07:50.1 ▼	-00:24.1	23:41.6	○ <b>25:32.1</b>	08:14.2	01:50.5	00:50.5		
17	Ben Brower	07:56.1	<b>07:17.0</b>	-01:18.9	15:52.3	<b>17:53.0</b>	08:56.5	00:20.6	07:58.6 ▼	-00:37.4	24:36.0	○ <b>26:39.4</b>	08:35.9	02:03.4	01:39.5		
18	Cole Schmidt	08:55.8	<b>08:20.0</b>	-00:55.4	17:51.6	<b>19:00.0</b>	09:30.0	00:14.6	08:48.8 ▼	-00:26.6	27:41.0	○ <b>28:41.7</b>	09:15.4	01:00.7	01:10.0		
19	Connor Scholma	09:37.4	<b>08:44.0</b>	-00:55.6	19:14.8	<b>19:39.0</b>	09:49.5	00:09.9	09:21.6 ▼	-00:18.0	29:50.0	○ <b>29:56.7</b>	09:39.6	00:06.7	01:05.5		
21	Logan Kowalke	07:56.0			15:51.9						24:35.5						

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	18:44.8										17:55.5	17:55.5	18:20.2	-0:00:49.3	🏆
Grady Bremer	18:11.6	18:58.0										17:54.7	18:11.6	18:34.8	-0:00:46.4	
Alex Ten Haken	19:14.3	19:25.2										19:14.3	19:14.3	19:19.8	-0:00:10.9	🏆
Caden Leatherman	19:12.0	19:57.8										18:34.1	19:12.0	19:34.9	-0:00:45.8	
Benjamin Hoekstra	19:19.9	20:27.6										18:20.8	19:19.9	19:53.8	-0:01:07.7	
Lukas Wierenga	19:55.6	20:29.8										19:55.6	19:55.6	20:12.7	-0:00:34.2	🏆
Evan Miedema	19:45.9	21:06.5										18:20.1	19:45.9	20:26.2	-0:01:20.6	
Tyler Bakhuyzen	20:06.2	21:32.8										18:35.8	20:06.2	20:49.5	-0:01:26.6	
Dylan Duimstra	20:47.3	21:36.9										20:47.3	20:47.3	21:12.1	-0:00:49.6	🏆
Jacob Kuipers	21:37.6	21:50.2										20:19.4	21:37.6	21:43.9	-0:00:12.6	
Everett Kalsbeek	21:35.7	21:56.7										21:35.7	21:35.7	21:46.2	-0:00:21.0	🏆
Alden Lucas	21:35.0	23:05.8										21:35.0	21:35.0	22:20.4	-0:01:30.8	🏆
Brandon Weber	21:44.0	23:13.0										21:44.0	21:44.0	22:28.5	-0:01:29.0	🏆
Johnny Gruppen	23:21.4	23:48.3										23:21.4	23:21.4	23:34.9	-0:00:26.9	🏆
Lucas Buys	23:06.1	23:52.6										23:06.1	23:06.1	23:29.4	-0:00:46.5	🏆
Evan Schrier	23:41.6	25:32.1										21:44.7	23:41.6	24:36.9	-0:01:50.5	
Ben Brower	24:36.0	26:39.4										24:36.0	24:36.0	25:37.7	-0:02:03.4	🏆
Cole Schmidt	27:41.0	28:41.7										22:36.1	27:41.0	28:11.4	-0:01:00.7	
Connor Scholma	29:50.0	29:56.7										24:53.4	29:50.0	29:53.4	-0:00:06.7	
Ethan Miller	19:09.2											18:02.6	19:09.2	19:09.2		
Logan Kowalke	24:35.5											24:35.5	24:35.5	24:35.5		🏆

Varsity	<b>Top 5 (Goal 1:26:01)</b>	<b>1:33:43</b>	<b>1:37:33</b>										<b>1:33:43</b>	<b>1:34:59</b>	Avg: -0:00:50	
	<b>Top 7 (Goal 2:01:08)</b>	<b>2:12:48</b>	<b>2:19:10</b>										<b>2:12:48</b>	<b>2:15:05</b>		
	<b>Spread (1:00)</b>	<b>0:01:50</b>	<b>0:02:22</b>										<b>0:01:50</b>	<b>0:01:53</b>		
JV	<b>Top 5</b>	<b>1:44:00</b>	<b>1:50:02</b>										<b>1:44:00</b>	<b>1:45:58</b>		
	<b>Top 7 (Goal 2:11:33)</b>	<b>2:27:21</b>	<b>2:37:04</b>										<b>2:27:21</b>	<b>2:30:47</b>		
	<b>Spread</b>	<b>0:01:48</b>	<b>0:02:16</b>										<b>0:01:48</b>	<b>0:02:02</b>		

Gold = top 7 in race  
Green = Season Record

Race1	Under The Lights		
Race2	Unity Invitational		
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