

Girls Varsity
Christian School Invite

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
8	Maddie Bosch	06:34	06:13 ▼	-00:11	13:08	12:50	06:25 🟡	00:01	06:21 🟡	-00:02	20:21 🟡	19:49.3	06:24	-00:32	00:12	🏆	🏆
11	Carly Bruxvoort	06:55	06:29 ▼	-00:11	13:50	13:15	06:38 🟡	-00:02	06:43 🟡	00:04	21:26 🟡	20:38.8	06:40	-00:47	00:14	🏆	🏆
12	Sierra Grooters	06:55	06:29 ▼	-00:12	13:49	13:16	06:38 🟡	-00:03	06:46 ▲	00:05	21:26 🟡	20:42.4	06:41	-00:43	00:17	🏆	🏆
16	Alaina Gruppen	07:29	06:39 ▼	-00:12	14:58	13:42	06:51 🟡	-00:00	06:52 🟡	00:01	23:12 🟡	21:15.5	06:51	-01:56	00:13	🏆	🏆
17	Riley DenHartigh	07:20	06:39 ▼	-00:13	14:40	13:43	06:51 🟡	-00:01	06:54 🟡	00:02	22:43 🟡	21:18.5	06:52	-01:25	00:15	🏆	🏆
18	Maddie Bruxvoort	06:58	06:39 ▼	-00:14	13:56	13:42	06:51 🟡	-00:02	06:58 🟡	00:04	21:36 🟡	21:21.4	06:53	-00:15	00:19	🏆	🏆
19	Maya VanSolkema	06:53	06:26 ▼	-00:27	13:45	13:23	06:41 ▼	-00:12	07:15 ▲	00:22	21:19 🟡	21:21.6	06:53	00:03	00:49		

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
22	Kenna Caryl	07:07	07:02 ▼	-00:09	14:13	14:12	07:06 🟡	-00:05	07:20 ▲	00:09	22:03 🟡	22:15.5	07:11	00:13	00:18		
24	Katelynn Boyd	07:30	06:58 ▼	-00:16	15:01	14:31	07:16 🟡	00:01	07:12 🟡	-00:02	23:16 🟡	22:26.3	07:14	-00:49	00:18		🏆
25	Lauryn Byker	07:27	07:01 ▼	-00:22	14:54	14:50	07:25 🟡	00:02	07:20 🟡	-00:03	23:06 🟡	22:53.9	07:23	-00:12	00:24		🏆
26	Caroline Schippers	07:31	07:09 ▼	-00:17	15:02	14:51	07:25 🟡	-00:00	07:27 🟡	00:01	23:18 🟡	23:02.4	07:26	-00:16	00:18	🏆	🏆
28	Noelle Nienhuis	07:41	07:16 ▼	-00:16	15:22	15:00	07:30 🟡	-00:02	07:36 🟡	00:04	23:50 🟡	23:21.4	07:32	-00:28	00:20		🏆
29	Ana Beimers	07:31	07:16 ▼	-00:18	15:02	14:59	07:29 🟡	-00:05	07:43 ▲	00:09	23:18 🟡	23:28.4	07:34	00:10	00:27		
32	Taryn Landers	07:51	07:26 ▼	-00:11	15:42	15:02	07:31 ▼	-00:06	07:48 ▲	00:11	24:20 🟡	23:36.7	07:37	-00:44	00:22		🏆
33	Alyssa Seinen	07:50	07:18 ▼	-00:20	15:39	15:01	07:30 ▼	-00:07	07:51 ▲	00:13	24:16 🟡	23:39.0	07:38	-00:37	00:33		🏆
34	Katie Landstra	07:37	07:26 ▼	-00:15	15:15	15:09	07:34 ▼	-00:06	07:52 ▲	00:11	23:38 🟡	23:47.9	07:41	00:10	00:26		
35	Natalie Kooyer	08:09	07:45 🟡	00:00	16:19	15:37	07:49 🟡	00:04	07:38 ▼	-00:07	25:17 🟡	24:00.8	07:45	-01:16	00:10		🏆
36	Lydia VanderMolen	08:29	07:48 🟡	-00:04	16:59	15:51	07:55 🟡	00:03	07:47 ▼	-00:06	26:19 🟡	24:24.3	07:52	-01:55	00:09		🏆
37	Avery Dekker	08:23	07:45 ▼	-00:09	16:47	15:37	07:49 ▼	-00:06	08:05 ▲	00:10	26:01 🟡	24:30.0	07:54	-01:31	00:20		🏆
38	Noelle Wielhouwer	08:14	07:50 ▼	-00:05	16:28	16:01	08:01 ▲	00:05	07:45 ▼	-00:10	25:31 🟡	24:33.0	07:55	-00:58	00:15	🏆	🏆
40	Kasey Haartman	08:12	07:50 ▼	-00:08	16:23	16:00	08:00 🟡	00:02	07:56 🟡	-00:03	25:24 🟡	24:43.3	07:58	-00:41	00:10		🏆
41	Alli Wassink	09:03	08:17 ▼	-00:25	18:07	17:03	08:32 ▼	-00:10	09:00 ▲	00:18	28:04 🟡	26:57.0	08:42	-01:07	00:43	🏆	🏆
42	Ashley Binder	08:48	08:17 ▼	-00:34	17:37	17:23	08:42 ▼	-00:10	09:08 ▲	00:17	27:18 🟡	27:26.2	08:51	00:08	00:51		
43	Aeris Ensing	09:01	08:29 ▼	-00:23	18:02	17:38	08:49 🟡	-00:03	08:58 ▲	00:06	27:58 🟡	27:29.8	08:52	-00:28	00:29	🏆	🏆
44	Serafina Seiter	09:41	08:04 ▼	-01:27	19:21	18:11	09:05 ▼	-00:26	10:18 ▲	00:46	30:00 🟡	29:30.3	09:31	-00:30	02:14	🏆	🏆
46	Kylie Leatherman	09:04	08:47 ▼	-01:01	18:09	19:05	09:33 ▼	-00:15	10:15 ▲	00:27	28:07 🟡	30:21.3	09:48	02:14	01:28		
47	Alaina Miedema	10:35	09:18 ▼	-00:31	21:11	19:36	09:48 🟡	-00:01	09:51 🟡	00:02	32:50 🟡	30:26.4	09:49	-02:24	00:33	🏆	🏆
49	Sophia Miller	08:33			17:06						26:31						

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

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

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	0:19:49									19:49.3	19:49.3	20:22.3	-0:01:07	🏆
Carly Bruxvoort	21:26.0	0:22:41	0:20:39									20:38.8	20:38.8	21:35.2	-0:02:02	🏆
Sierra Grooters	21:25.6	0:22:42	0:20:42									20:42.4	20:42.4	21:36.7	-0:02:00	🏆
Alaina Gruppen	24:09.1	0:23:12	0:21:16									21:15.5	21:15.5	22:52.0	-0:02:54	🏆
Riley DenHartigh	22:43.3	0:23:19	0:21:19									21:18.5	21:18.5	22:26.8	-0:02:00	🏆
Maddie Bruxvoort	21:36.1	0:22:50	0:21:21									19:55.5	21:21.4	21:55.7	-0:01:28	
Maya VanSolkema	21:19.0	0:22:36	0:21:22									21:19.0	21:19.0	21:45.4	-0:01:17	🏆
Kenna Caryl	22:02.9	0:23:33	0:22:16									22:02.9	22:02.9	22:37.1	-0:01:30	🏆
Katelynn Boyd	23:15.8	0:24:26	0:22:26									21:50.3	22:26.3	23:22.6	-0:01:59	
Lauryn Byker	23:05.8	0:23:52	0:22:54									21:50.5	22:53.9	23:17.2	-0:00:58	
Caroline Schippers	23:18.3	0:25:23	0:23:02									23:02.4	23:02.4	23:54.7	-0:02:21	🏆
Noelle Nienhuis	23:49.7	0:24:45	0:23:21									20:28.3	23:21.4	23:58.5	-0:01:23	
Ana Beimers	23:18.1	0:25:09	0:23:28									20:50.2	23:18.1	23:58.4	-0:01:51	
Taryn Landers	24:20.3	0:24:47	0:23:37									21:09.3	23:36.7	24:14.6	-0:01:10	
Alyssa Seinen	24:15.6	0:25:00	0:23:39									22:55.9	23:39.0	24:18.1	-0:01:21	
Katie Landstra	23:37.8	0:25:24	0:23:48									23:25.7	23:37.8	24:16.4	-0:01:46	
Natalie Kooyer	25:17.1	0:25:31	0:24:01									21:08.7	24:00.8	24:56.2	-0:01:30	
Lydia VanderMolen	26:19.2	0:26:26	0:24:24									22:19.5	24:24.3	25:43.2	-0:02:02	
Avery Dekker	26:00.8	0:27:24	0:24:30									23:15.4	24:30.0	25:58.2	-0:02:54	
Noelle Wielhouwer	28:22.9	0:25:31	0:24:33									24:33.0	24:33.0	26:08.9	-0:03:50	🏆
Kasey Haartman	25:24.3	0:26:24	0:24:43									23:16.4	24:43.3	25:30.4	-0:01:40	
Alli Wassink	28:04.1	0:29:40	0:26:57									26:57.0	26:57.0	28:13.7	-0:02:43	🏆
Ashley Binder	27:18.1	0:29:03	0:27:26									27:18.1	27:18.1	27:55.7	-0:01:45	🏆
Aeris Ensing	27:57.6	0:30:03	0:27:30									27:29.8	27:29.8	28:30.1	-0:02:33	🏆
Serafina Seiter			0:29:30									29:30.3	29:30.3	29:30.3		🏆
Kylie Leatherman	28:07.4	0:31:04	0:30:21									28:07.4	28:07.4	29:51.0	-0:02:57	🏆
Alaina Miedema	32:50.0	0:35:11	0:30:26									30:26.4	30:26.4	32:49.1	-0:04:44	🏆
Sophia Miller	26:30.6											26:30.6	26:30.6	26:30.6		🏆

Varsity	Top 5 (Goal 1:40:29)	1:46:08	1:51:45	1:43:45									1:43:45	1:47:15	Avg: -0:01:55	
	Top 7 (Goal 2:29:28)	2:30:54	2:38:15	2:26:28									2:26:25	2:32:19		
	Spread (1:50)	0:02:22	0:02:22	0:01:32									0:01:32	0:02:15		
JV	Top 5	1:56:36	2:01:22	1:54:00									1:53:44	1:57:25		
	Top 7 (Goal 2:43.16)	2:44:35	2:51:30	2:41:05									2:40:42	2:45:38		
	Spread	0:01:03	0:01:36	0:01:21									0:01:34	0:01:23		

Gold = top 7 in race
Green = Season Record

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

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

Improvement is defined as difference between slowest and fastest races

Boys Varsity
Christian School Invite

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	05:47	05:24 ▼	-00:18	11:34	11:13	05:36 ▼	-00:05.5	05:52.1 ▲	00:10	17:56	17:40.3	05:42	-00:15	00:28	🏆	🏆
2	Alex Ten Haken	06:12	05:38 ▼	-00:07	12:25	11:33	05:46	00:01.1	05:43.4	00:02	19:14	17:50.7	05:45	-01:24	00:08	🏆	🏆
3	Grady Bremer	05:52	05:32 ▼	-00:16	11:44	11:30	05:45	-00:02.6	05:52.5	00:05	18:12	17:57.7	05:48	-00:14	00:20	🏆	🏆
5	Benjamin Hoekstra	06:14	06:00 ▼	-00:09	12:28	12:21	06:11	00:01.7	06:05.8	-00:03	19:20	19:03.4	06:09	-00:16	00:10	🏆	🏆
6	Evan Miedema	06:23	06:01 ▼	-00:14	12:45	12:31	06:16	00:00.9	06:13.1	-00:02	19:46	19:21.4	06:15	-00:25	00:15	🏆	🏆
7	Caden Leatherman	06:12	05:48 ▼	-00:29	12:23	12:05	06:02	-00:14.9	06:44.5 ▲	00:27	19:12	19:29.9	06:17	00:18	00:56	🏆	🏆
10	Lukas Wierenga	06:26	05:58 ▼	-00:27	12:51	12:25	06:13	-00:12.0	06:46.4 ▲	00:22	19:56	19:52.0	06:25	-00:04	00:48	🏆	🏆

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	
4	Ethan Miller	06:11	05:51 ▼	-00:16	12:21	12:07	06:03	-00:03	06:13	▲	00:06	19:09	18:57.0	06:07	-00:12	00:22	🏆	
9	Tyler Bakhuyzen	06:29	06:14 ▼	-00:10	12:58	12:48	06:24	-00:00	06:25	▲	00:01	20:06	19:51.4	06:24	-00:15	00:11	🏆	
13	Dylan Duimstra	06:42	06:25 ▼	-00:21	13:25	13:20	06:40	-00:06	06:56	▲	00:10	20:47	20:57.5	06:46	00:10	00:31		
14	Everett Kalsbeek	06:58	06:25 ▼	-00:21	13:56	13:24	06:42	-00:04	06:53	▲	00:07	21:36	20:58.5	06:46	-00:37	00:28	🏆	🏆
15	Jacob Kuipers	06:59	06:27 ▼	-00:19	13:57	13:30	06:45	-00:01	06:48	▲	00:02	21:38	20:59.2	06:46	-00:38	00:21	🏆	
20	Brandon Weber	07:01	06:40 ▼	-00:17	14:01	13:39	06:50	-00:07	07:10	▲	00:13	21:44	21:32.1	06:57	-00:12	00:30	🏆	🏆
21	Alden Lucas	06:58	06:53 ▼	-00:07	13:55	14:17	07:08	00:08	06:45	▼	-00:15	21:35	21:43.0	07:00	00:08	00:23		
23	Johnny Gruppen	07:32	06:48 ▼	-00:23	15:04	14:15	07:07	-00:04	07:18	▲	00:07	23:21	22:16.9	07:11	-01:05	00:30	🏆	🏆
27	Lucas Buys	07:27	07:19 ▼	-00:07	14:54	14:56	07:28	00:02	07:23	▲	-00:04	23:06	23:02.8	07:26	-00:03	00:09	🏆	🏆
30	Evan Schrier	07:39	07:16 ▼	-00:20	15:17	15:20	07:40	00:04	07:30	▼	-00:06	23:42	23:35.0	07:36	-00:07	00:24	🏆	🏆
31	Ben Brower	07:56	07:23 ▼	-00:14	15:52	15:14	07:37	00:00	07:37	▲	-00:00	24:36	23:36.6	07:37	-00:59	00:14	🏆	🏆
39	Cole Schmidt	08:56	07:41 ▼	-00:16	17:52	15:57	07:59	00:01	07:55	▲	-00:02	27:41	24:39.7	07:57	-03:01	00:17	🏆	🏆
45	Connor Scholma	09:37	08:38 ▼	-01:03	19:15	19:22	09:41	-00:00	09:41	▲	00:00	29:50	30:01.1	09:41	00:11	01:03		
48	Logan Kowalke	07:56			15:52							24:36						

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	20:59.9

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	17:40.3									17:40.3	17:40.3	18:06.9	-0:01:04.5	🏆
Alex Ten Haken	19:14.3	19:25.2	17:50.7									17:50.7	17:50.7	18:50.1	-0:01:34.5	🏆
Grady Bremer	18:11.6	18:58.0	17:57.7									17:54.7	17:57.7	18:22.4	-0:01:00.3	
Ethan Miller	19:09.2		18:57.0									18:02.6	18:57.0	19:03.1	-0:00:12.2	
Benjamin Hoekstra	19:19.9	20:27.6	19:03.4									18:20.8	19:03.4	19:37.0	-0:01:24.2	
Evan Miedema	19:45.9	21:06.5	19:21.4									18:20.1	19:21.4	20:04.6	-0:01:45.1	
Caden Leatherman	19:12.0	19:57.8	19:29.9									18:34.1	19:12.0	19:33.2	-0:00:45.8	
Tyler Bakhuyzen	20:06.2	21:32.8	19:51.4									18:35.8	19:51.4	20:30.1	-0:01:41.4	
Lukas Wierenga	19:55.6	20:29.8	19:52.0									19:52.0	19:52.0	20:05.8	-0:00:37.8	🏆
Dylan Duimstra	20:47.3	21:36.9	20:57.5									20:47.3	20:47.3	21:07.2	-0:00:49.6	🏆
Everett Kalsbeek	21:35.7	21:56.7	20:58.5									20:58.5	20:58.5	21:30.3	-0:00:58.2	🏆
Jacob Kuipers	21:37.6	21:50.2	20:59.2									20:19.4	20:59.2	21:29.0	-0:00:51.0	
Brandon Weber	21:44.0	23:13.0	21:32.1									21:32.1	21:32.1	22:09.7	-0:01:40.9	🏆
Alden Lucas	21:35.0	23:05.8	21:43.0									21:35.0	21:35.0	22:07.9	-0:01:30.8	🏆
Johnny Gruppen	23:21.4	23:48.3	22:16.9									22:16.9	22:16.9	23:08.9	-0:01:31.4	🏆
Lucas Buys	23:06.1	23:52.6	23:02.8									23:02.8	23:02.8	23:20.5	-0:00:49.8	🏆
Evan Schrier	23:41.6	25:32.1	23:35.0									21:44.7	23:35.0	24:16.2	-0:01:57.1	
Ben Brower	24:36.0	26:39.4	23:36.6									23:36.6	23:36.6	24:57.3	-0:03:02.8	🏆
Cole Schmidt	27:41.0	28:41.7	24:39.7									22:36.1	24:39.7	27:00.8	-0:04:02.0	
Connor Scholma	29:50.0	29:56.7	30:01.1									24:53.4	29:50.0	29:55.9	-0:00:11.1	
Logan Kowalke	24:35.5											24:35.5	24:35.5	24:35.5		🏆

Varsity	Top 5 (Goal 1:26:01)	1:33:43	1:37:33	1:31:29								1:31:29	1:33:56		Avg: -0:01:19	
	Top 7 (Goal 2:01:08)	2:12:48	2:19:10	2:10:20								2:10:03	2:13:37			
	Spread (1:00)	0:01:50	0:02:22	0:01:50								0:01:41	0:01:58			
JV	Top 5	1:44:00	1:50:02	1:42:39								1:42:28	1:44:43			
	Top 7 (Goal 2:11:33)	2:27:21	2:37:04	2:25:54								2:25:36	2:29:00			
	Spread	0:01:48	0:02:16	0:01:52								0:01:44	0:02:04			

Gold = top 7 in race
Green = Season Record

Race1	Under The Lights		
Race2	Unity Invitational		
Race3	Christian School Invite	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