

Girls Varsity
Ottawa Hills 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
7	Maddie Bosch	06:24	06:00 ▼	-00:19	12:47	12:28	06:14 🟡	-00:05	06:28 ▲	00:09	19:49 🟡	19:34.7	06:19	-00:15	00:28	🏆	🏆
13	Carly Bruxvoort	06:40	06:27 ▼	-00:15	13:19	13:17	06:39 🟡	-00:03	06:48 ▲	00:06	20:39 🟡	20:45.7	06:42	00:07	00:21		
16	Sierra Grooters	06:41	06:27 ▼	-00:21	13:22	13:30	06:45 🟡	-00:03	06:54 ▲	00:06	20:42 🟡	21:05.1	06:48	00:23	00:27		
18	Maddie Bruxvoort	06:53	06:34 ▼	-00:16	13:47	13:33	06:46 🟡	-00:03	06:56 ▲	00:06	21:21 🟡	21:10.9	06:50	-00:11	00:22		🏆
19	Maya VanSolkema	06:53	06:27 ▼	-00:26	13:45	13:32	06:46 ▼	-00:07	07:05 ▲	00:12	21:19 🟡	21:19.3	06:53	00:00	00:38		
20	Alaina Gruppen	06:51	06:27 ▼	-00:31	13:43	13:33	06:46 ▼	-00:11	07:19 ▲	00:21	21:16 🟡	21:35.5	06:58	00:20	00:52		
23	Kenna Caryl	07:07	07:00 ▼	-00:18	14:13	14:32	07:16 🟡	-00:02	07:22 🟡	00:04	22:03 🟡	22:37.9	07:18	00:35	00:22		
24	Katelynn Boyd	07:14	07:03 ▼	-00:17	14:29	14:32	07:16 🟡	-00:04	07:26 ▲	00:06	22:26 🟡	22:42.5	07:20	00:16	00:23		
26	Lauryn Byker	07:23	07:10 ▼	-00:15	14:46	14:48	07:24 🟡	-00:01	07:25 🟡	00:01	22:54 🟡	22:58.0	07:25	00:04	00:15		
48	Riley DenHartigh	06:52			13:45						21:19						

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	Ana Beimers	07:31	07:00 ▼	-00:16	15:02	14:22	07:11 ▼	-00:05	07:26 ▲	00:10	23:18 🟡	22:32.9	07:16	-00:45	00:26		🏆
25	Noelle Nienhuis	07:32	07:04 ▼	-00:19	15:04	14:32	07:16 ▼	-00:07	07:37 ▲	00:14	23:21 🟡	22:54.8	07:23	-00:27	00:33		🏆
28	Taryn Landers	07:37	07:20 ▼	-00:07	15:14	14:52	07:26 🟡	-00:01	07:28 🟡	00:01	23:37 🟡	23:05.1	07:27	-00:32	00:08		🏆
30	Alyssa Seinen	07:38	07:24 🟡	-00:04	15:15	14:52	07:26 🟡	-00:02	07:31 🟡	00:03	23:39 🟡	23:07.8	07:28	-00:31	00:07		🏆
31	Katie Landstra	07:37	07:23 ▼	-00:07	15:15	14:52	07:26 🟡	-00:04	07:37 ▲	00:07	23:38 🟡	23:14.2	07:30	-00:24	00:14	🏆	🏆
32	Caroline Schippers	07:26			14:52	15:01	07:30 🟡	-00:05	07:43 ▲	00:08	23:02 🟡	23:30.6	07:35	00:28	00:13		
33	Natalie Kooyer	07:45	07:33 🟡	-00:05	15:30	15:15	07:38 🟡	-00:00	07:38 🟡	00:00	24:01 🟡	23:38.5	07:38	-00:22	00:05		🏆
35	Avery Dekker	07:54	07:33 ▼	-00:23	15:48	15:15	07:38 ▼	-00:19	08:31 ▲	00:34	24:30 🟡	24:36.9	07:56	00:07	00:58		
37	Kasey Haartman	07:58	08:06 🟡	00:03	15:57	16:16	08:08 🟡	00:05	07:55 ▼	-00:08	24:43 🟡	24:58.5	08:03	00:15	00:13		
38	Noelle Wielhouwer	07:55	08:08 🟡	00:02	15:50	16:30	08:15 ▲	00:09	07:49 ▼	-00:17	24:33 🟡	25:05.4	08:06	00:32	00:26		
39	Lydia VanderMolen	07:52	07:50 ▼	-00:17	15:45	16:11	08:06 🟡	-00:01	08:09 🟡	00:02	24:24 🟡	25:08.6	08:07	00:44	00:19		
40	Ashley Binder	08:48	08:20 🟡	00:02	17:37	16:50	08:25 ▲	00:07	08:06 ▼	-00:12	27:18 🟡	25:45.0	08:18	-01:33	00:19	🏆	🏆
41	Sophia Miller	08:33			17:06	16:43	08:22 🟡	00:02	08:16 🟡	-00:04	26:31 🟡	25:48.1	08:19	-00:43	00:06	🏆	🏆
42	Aeris Ensing	08:52	08:22 ▼	-00:10	17:44	16:52	08:26 ▼	-00:06	08:44 ▲	00:11	27:30 🟡	26:28.0	08:32	-01:02	00:22	🏆	🏆
44	Kylie Leatherman	09:04	08:28 ▼	-00:19	18:09	17:23	08:42 ▼	-00:05	08:57 ▲	00:10	28:07 🟡	27:13.5	08:47	-00:54	00:29	🏆	🏆
45	Alaina Miedema	09:49	09:39 ▼	-00:06	19:38	19:38	09:49 🟡	00:04	09:39 ▼	-00:07	30:26 🟡	30:14.5	09:45	-00:12	00:10	🏆	🏆
46	Alli Wassink	08:42			17:23						26:57						
47	Serafina Seiter	09:31			19:02						29:30						

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

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

Boys Varsity
Ottawa Hills 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	05:42	05:30 ▼	-00:14	11:24	11:20	05:40	00:03.7	05:50.4 ▲	00:07	17:40	17:45.4	05:44	00:05	00:20		
2	Alex Ten Haken	05:45	05:30 ▼	-00:16	11:31	11:23	05:41	-00:04.3	05:53.6 ▲	00:08	17:51	17:52.0	05:46	00:01	00:24		
3	Grady Bremer	05:48	05:30 ▼	-00:21	11:35	11:24	05:42	-00:08.7	06:06.6 ▲	00:16	17:58	18:07.3	05:51	00:10	00:37		
4	Ethan Miller	06:07	05:54 ▲	-00:03	12:14	11:56	05:58	00:01.2	05:54.7 ▲	-00:02	18:57	18:26.2	05:57	-00:31	00:04		🏆
5	Caden Leatherman	06:12	05:47 ▼	-00:12	12:23	11:52	05:56	-00:03.2	06:05.1 ▲	00:06	19:12	18:33.6	05:59	-00:38	00:18	🏆	🏆
6	Benjamin Hoekstra	06:09	05:50 ▼	-00:12	12:18	11:58	05:59	-00:02.9	06:07.2 ▲	00:05	19:03	18:41.9	06:02	-00:22	00:17		🏆
8	Evan Miedema	06:15	06:12 ▼	-00:10	12:29	12:41	06:20	-00:01.5	06:24.6 ▲	00:03	19:21	19:44.1	06:22	00:23	00:13		
9	Tyler Bakhuyzen	06:24	06:07 ▼	-00:17	12:49	12:40	06:20	-00:03.5	06:29.9 ▲	00:06	19:51	19:48.9	06:24	-00:02	00:23		🏆
10	Dylan Duimstra	06:42	06:08 ▼	-00:21	13:25	12:45	06:23	-00:06.7	06:41.4 ▲	00:12	20:47	20:06.5	06:29	-00:41	00:33	🏆	🏆
11	Lukas Wierenga	06:25	06:07 ▼	-00:23	12:49	12:41	06:20	-00:09.3	06:46.8 ▲	00:17	19:52	20:08.5	06:30	00:17	00:40		

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
12	Jacob Kuipers	06:46	06:10 ▼	-00:25	13:32	13:10	06:35	00:00	06:35	-00:00	20:59	20:24.1	06:35	-00:35	00:25		🏆
14	Brandon Weber	06:57	06:23 ▼	-00:24	13:54	13:35	06:47	00:01	06:46	-00:01	21:32	21:01.6	06:47	-00:31	00:25	🏆	🏆
15	Everett Kalsbeek	06:46	06:09 ▼	-00:38	13:32	13:09	06:34	-00:13	07:10	00:23	20:59	21:01.7	06:47	00:03	01:01		
17	Alden Lucas	06:58	06:48 ▲	-00:01	13:55	13:54	06:57	00:08	06:35	-00:14	21:35	21:09.0	06:49	-00:26	00:22	🏆	🏆
21	Johnny Gruppen	07:11	06:59 ▼	-00:06	14:23	14:02	07:01	-00:04	07:13	00:08	22:17	21:58.5	07:05	-00:18	00:14	🏆	🏆
27	Logan Kowalke	07:56	07:02 ▼	-00:24	15:52	14:48	07:24	-00:02	07:29	00:03	24:36	23:01.6	07:26	-01:34	00:27	🏆	🏆
29	Lucas Buys	07:26	07:30 ▲	00:03	14:52	15:10	07:35	00:08	07:13	-00:14	23:03	23:06.6	07:27	00:04	00:22		
34	Evan Schrier	07:36	07:08 ▼	-00:48	15:13	15:29	07:44	-00:11	08:16	00:20	23:35	24:34.1	07:56	00:59	01:08		
36	Cole Schmidt	07:57	07:55 ▼	-00:08	15:55	16:28	08:14	00:11	07:43	-00:20	24:40	24:57.5	08:03	00:18	00:31		
43	Connor Scholma	09:37	08:23 ▼	-00:23	19:15	17:27	08:44	-00:02	08:50	00:04	29:50	27:10.5	08:46	-02:39	00:27		🏆
49	Ben Brower	07:37			15:14						23:37						

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	17:45.4								17:40.3	17:40.3	18:01.5	-0:01:04.5	🏆
Alex Ten Haken	19:14.3	19:25.2	17:50.7	17:52.0								17:50.7	17:50.7	18:35.6	-0:01:34.5	🏆
Grady Bremer	18:11.6	18:58.0	17:57.7	18:07.3								17:54.7	17:57.7	18:18.7	-0:01:00.3	
Ethan Miller	19:09.2		18:57.0	18:26.2								18:02.6	18:26.2	18:50.8	-0:00:43.0	
Caden Leatherman	19:12.0	19:57.8	19:29.9	18:33.6								18:33.6	18:33.6	19:18.3	-0:01:24.2	🏆
Benjamin Hoekstra	19:19.9	20:27.6	19:03.4	18:41.9								18:20.8	18:41.9	19:23.2	-0:01:45.7	
Evan Miedema	19:45.9	21:06.5	19:21.4	19:44.1								18:20.1	19:21.4	19:59.5	-0:01:45.1	
Tyler Bakhuyzen	20:06.2	21:32.8	19:51.4	19:48.9								18:35.8	19:48.9	20:19.8	-0:01:43.9	
Dylan Duimstra	20:47.3	21:36.9	20:57.5	20:06.5								20:06.5	20:06.5	20:52.1	-0:01:30.4	🏆
Lukas Wierenga	19:55.6	20:29.8	19:52.0	20:08.5								19:52.0	19:52.0	20:06.5	-0:00:37.8	🏆
Jacob Kuipers	21:37.6	21:50.2	20:59.2	20:24.1								20:19.4	20:24.1	21:12.8	-0:01:26.1	
Brandon Weber	21:44.0	23:13.0	21:32.1	21:01.6								21:01.6	21:01.6	21:52.7	-0:02:11.4	🏆
Everett Kalsbeek	21:35.7	21:56.7	20:58.5	21:01.7								20:58.5	20:58.5	21:23.2	-0:00:58.2	🏆
Alden Lucas	21:35.0	23:05.8	21:43.0	21:09.0								21:09.0	21:09.0	21:53.2	-0:01:56.8	🏆
Johnny Gruppen	23:21.4	23:48.3	22:16.9	21:58.5								21:58.5	21:58.5	22:51.3	-0:01:49.8	🏆
Logan Kowalke	24:35.5			23:01.6								23:01.6	23:01.6	23:48.6	-0:01:33.9	🏆
Lucas Buys	23:06.1	23:52.6	23:02.8	23:06.6								23:02.8	23:02.8	23:17.0	-0:00:49.8	🏆
Evan Schrier	23:41.6	25:32.1	23:35.0	24:34.1								21:44.7	23:35.0	24:20.7	-0:01:57.1	
Cole Schmidt	27:41.0	28:41.7	24:39.7	24:57.5								22:36.1	24:39.7	26:30.0	-0:04:02.0	
Connor Scholma	29:50.0	29:56.7	30:01.1	27:10.5								24:53.4	27:10.5	29:14.6	-0:02:50.6	
Ben Brower	24:36.0	26:39.4	23:36.6									23:36.6	23:36.6	24:57.3	-0:03:02.8	🏆

Varsity	Top 5 (Goal 1:26:01)	1:33:43	1:37:33	1:31:29	1:30:45							1:30:29	1:33:05	Avg: -0:01:42		
	Top 7 (Goal 2:01:08)	2:12:48	2:19:10	2:10:20	2:09:11							2:08:32	2:12:28			
	Spread (1:00)	0:01:50	0:02:22	0:01:50	0:01:59							0:01:41	0:01:58			
JV	Top 5	1:44:00	1:50:02	1:42:39	1:41:30							1:41:10	1:43:54			
	Top 7 (Goal 2:11:33)	2:27:21	2:37:04	2:25:54	2:23:40							2:23:21	2:27:40			
	Spread	0:01:48	0:02:16	0:01:52	0:01:20							0:01:20	0:01:47			

Gold = top 7 in race
Green = Season Record

Race1	Under The Lights		
Race2	Unity Invitational		
Race3	Christian School Invite	Gold	16:59.9
Race4	Ottawa Hills Invite	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