

Girls Varsity
Autumn Sunrise

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	06:19	06:06 ▼	-00:17	12:38	12:53	06:27 🟡	00:03	06:17 ▼	-00:06	19:35 🟡	19:48.0	06:23	00:13	00:21		
10	Carly Bruxvoort	06:40	06:26 🟡	00:01	13:19	13:11	06:35 ▲	00:11	06:05 ▼	-00:20	20:39 🟡	19:52.1	06:25	-00:47	00:31	🏆	🏆
14	Sierra Grooters	06:41	06:26 🟡	-00:02	13:22	13:12	06:36 ▲	00:08	06:14 ▼	-00:14	20:42 🟡	20:03.8	06:28	-00:39	00:22	🏆	🏆
16	Maddie Bruxvoort	06:50	06:30 🟡	-00:05	13:40	13:23	06:41 ▲	00:07	06:22 ▼	-00:12	21:11 🟡	20:23.5	06:35	-00:47	00:19	🏆	🏆
18	Maya VanSolkema	06:53	06:30 ▼	-00:12	13:45	13:31	06:45 🟡	00:03	06:36 ▼	-00:06	21:19 🟡	20:46.6	06:42	-00:32	00:15	🏆	🏆
19	Riley DenHartigh	06:52	06:31 ▼	-00:15	13:45	13:42	06:51 🟡	00:05	06:38 ▼	-00:08	21:19 🟡	21:00.1	06:46	-00:18	00:20	🏆	🏆
22	Alaina Gruppen	06:51	06:30 ▼	-00:22	13:43	13:36	06:48 🟡	-00:04	06:59 ▲	00:07	21:16 🟡	21:16.8	06:52	00:01	00:29		

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
15	Sadie Schout											● 20:05.0	06:29			🏆	
23	Ana Beimers	07:16	06:42 ▼	-00:13	14:33	14:02	07:01 ▲	00:06	06:44 ▼	-00:11	22:33 🟡	21:26.1	06:55	-01:07	00:19		🏆
26	Kenna Caryl	07:07	06:46 ▼	-00:12	14:13	14:08	07:04 ▲	00:06	06:46 ▼	-00:12	22:03 🟡	21:34.4	06:58	-00:29	00:18	🏆	🏆
27	Caroline Schippers	07:26	07:02 🟡	-00:04	14:52	14:35	07:17 ▲	00:12	06:44 ▼	-00:22	23:02 🟡	21:59.5	07:06	-01:03	00:33	🏆	🏆
28	Laurny Byker	07:15	07:01 🟡	-00:05	14:30	14:35	07:17 ▲	00:12	06:45 ▼	-00:21	22:29 🟡	22:00.2	07:06	-00:28	00:33	🏆	🏆
29	Katelynn Boyd	07:14	06:57 ▼	-00:10	14:29	14:28	07:14 ▲	00:07	06:54 ▼	-00:13	22:26 🟡	22:03.8	07:07	-00:22	00:20		🏆
30	Noelle Nienhuis	07:23	07:01 ▼	-00:10	14:47	14:28	07:14 🟡	00:03	07:06 ▼	-00:05	22:55 🟡	22:16.8	07:11	-00:38	00:13		🏆
32	Taryn Landers	07:24	07:02 ▼	-00:17	14:47	14:35	07:17 🟡	-00:02	07:22 🟡	00:03	22:55 🟡	22:41.1	07:19	-00:14	00:20		🏆
33	Alyssa Seinen	07:28	07:18 🟡	-00:02	14:55	14:57	07:28 ▲	00:09	07:03 ▼	-00:16	23:08 🟡	22:42.7	07:20	-00:25	00:25	🏆	🏆
34	Natalie Kooyer	07:38	07:15 ▼	-00:07	15:15	14:53	07:27 🟡	00:04	07:14 ▼	-00:08	23:39 🟡	22:50.6	07:22	-00:48	00:12		🏆
35	Noelle Wielhouwer	07:55	07:26 🟡	00:03	15:50	15:07	07:34 ▲	00:11	07:03 ▼	-00:19	24:33 🟡	22:52.7	07:23	-01:40	00:30	🏆	🏆
38	Katie Landstra	07:30	07:31 ▼	-00:06	14:59	15:02	07:31 ▼	-00:06	07:47 ▲	00:11	23:14 🟡	23:36.2	07:37	00:22	00:16		🏆
40	Avery Dekker	07:54	07:36 ▼	-00:07	15:48	15:32	07:46 🟡	00:03	07:37 ▼	-00:06	24:30 🟡	23:54.9	07:43	-00:35	00:10		🏆
41	Kasey Haartman	07:58	07:45 🟡	-00:01	15:57	16:05	08:02 ▲	00:17	07:15 ▼	-00:31	24:43 🟡	24:03.2	07:46	-00:40	00:48		🏆
42	Lydia VanderMolen	07:52	07:31 ▼	-00:16	15:45	15:44	07:52 🟡	00:05	07:39 ▼	-00:09	24:24 🟡	24:08.5	07:47	-00:16	00:21		🏆
43	Ashley Binder	08:06	07:47 ▼	-00:24	16:12	16:34	08:17 ▲	00:06	08:00 ▼	-00:11	25:07 🟡	25:22.0	08:11	00:15	00:30		
44	Sophia Miller	08:13	07:47 ▼	-00:25	16:26	16:23	08:11 🟡	-00:01	08:14 🟡	00:02	25:28 🟡	25:26.7	08:12	-00:01	00:27	🏆	🏆
45	Makayla Meeuwssen											○ 25:50.0	08:20				🏆
47	Kylie Leatherman	08:47	08:06 ▼	-00:36	17:34	17:41	08:50 ▲	00:08	08:28 ▼	-00:15	27:14 🟡	26:59.6	08:42	-00:14	00:44	🏆	🏆
48	Aeris Ensing	08:32	07:56 ▼	-01:01	17:05	17:30	08:45 ▼	-00:12	09:20 ▲	00:22	26:28 🟡	27:45.6	08:57	01:18	01:24		
49	Alaina Miedema	09:30	09:08 ▼	-00:12	19:00	19:06	09:33 ▲	00:13	08:56 ▼	-00:24	29:26 🟡	28:55.8	09:20	-00:31	00:37	🏆	🏆
51	Alli Wassink	08:42			17:23						26:57						
50	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

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	0:19:35	0:19:42	0:19:48						19:34.7	19:34.7	20:01.9	-0:01:22	🏆
Carly Bruxvoort	21:26.0	0:22:41	0:20:39	0:20:46	0:20:59	0:19:52						19:52.1	19:52.1	21:03.8	-0:02:49	🏆
Sierra Grooters	21:25.6	0:22:42	0:20:42	0:21:05	0:21:00	0:20:04						20:03.8	20:03.8	21:09.8	-0:02:38	🏆
Sadie Schout						0:20:05						20:05.0	20:05.0	20:05.0		🏆
Maddie Bruxvoort	21:36.1	0:22:50	0:21:21	0:21:11	0:21:27	0:20:24						19:55.5	20:23.5	21:28.1	-0:02:26	
Maya VanSolkema	21:19.0	0:22:36	0:21:22	0:21:19	0:21:34	0:20:47						20:46.6	20:46.6	21:29.4	-0:01:49	🏆
Riley DenHartigh	22:43.3	0:23:19	0:21:19		0:22:05	0:21:00						21:00.1	21:00.1	22:05.1	-0:02:18	🏆
Alaina Gruppen	24:09.1	0:23:12	0:21:16	0:21:36	0:21:55	0:21:17						21:15.5	21:15.5	22:14.0	-0:02:54	🏆
Ana Beimers	23:18.1	0:25:09	0:23:28	0:22:33	0:22:40	0:21:26						20:50.2	21:26.1	23:05.7	-0:03:43	
Kenna Caryl	22:02.9	0:23:33	0:22:16	0:22:38	0:22:07	0:21:34						21:34.4	21:34.4	22:21.9	-0:01:59	🏆
Caroline Schippers	23:18.3	0:25:23	0:23:02	0:23:31	0:24:27	0:22:00						21:59.5	21:59.5	23:36.9	-0:03:24	🏆
Lauryn Byker	23:05.8	0:23:52	0:22:54	0:22:58	0:22:29	0:22:00						21:50.5	22:00.2	22:53.1	-0:01:52	
Katelynn Boyd	23:15.8	0:24:26	0:22:26	0:22:43	0:23:43	0:22:04						21:50.3	22:03.8	23:06.2	-0:02:22	
Noelle Nienhuis	23:49.7	0:24:45	0:23:21	0:22:55	0:23:03	0:22:17						20:28.3	22:16.8	23:21.6	-0:02:28	
Taryn Landers	24:20.3	0:24:47	0:23:37	0:23:05	0:22:55	0:22:41						21:09.3	22:41.1	23:34.3	-0:02:06	
Alyssa Seinen	24:15.6	0:25:00	0:23:39	0:23:08	0:23:27	0:22:43						22:42.7	22:42.7	23:42.0	-0:02:17	🏆
Natalie Kooyer	25:17.1	0:25:31	0:24:01	0:23:39	0:24:08	0:22:51						21:08.7	22:50.6	24:14.3	-0:02:40	
Noelle Wielhouwer	28:22.9	0:25:31	0:24:33	0:25:05	0:25:00	0:22:53						22:52.7	22:52.7	25:14.2	-0:05:30	🏆
Katie Landstra	23:37.8	0:25:24	0:23:48	0:23:14	0:23:55	0:23:36						23:14.2	23:14.2	23:55.7	-0:02:09	🏆
Avery Dekker	26:00.8	0:27:24	0:24:30	0:24:37	0:26:17	0:23:55						23:15.4	23:54.9	25:27.3	-0:03:29	
Kasey Haartman	25:24.3	0:26:24	0:24:43	0:24:59	0:25:17	0:24:03						23:16.4	24:03.2	25:08.3	-0:02:20	
Lydia VanderMolen	26:19.2	0:26:26	0:24:24	0:25:09	0:24:59	0:24:09						22:19.5	24:08.5	25:14.3	-0:02:18	
Ashley Binder	27:18.1	0:29:03	0:27:26	0:25:45	0:25:07	0:25:22						25:06.6	25:06.6	26:40.1	-0:03:56	🏆
Sophia Miller	26:30.6			0:25:48	0:25:28	0:25:27						25:26.7	25:26.7	25:48.4	-0:01:04	🏆
Makayla Meeuwssen						0:25:50						25:50.0	25:50.0	25:50.0		🏆
Kylie Leatherman	28:07.4	0:31:04	0:30:21	0:27:14	0:27:29	0:27:00						26:59.6	26:59.6	28:32.5	-0:04:05	🏆
Aeris Ensing	27:57.6	0:30:03	0:27:30	0:26:28	0:27:30	0:27:46						26:28.0	26:28.0	27:52.4	-0:03:35	🏆
Alaina Miedema	32:50.0	0:35:11	0:30:26	0:30:15	0:29:26	0:28:56						28:55.8	28:55.8	31:10.7	-0:06:15	🏆
Alli Wassink	28:04.1	0:29:40	0:26:57									26:57.0	26:57.0	28:13.7	-0:02:43	🏆
Serafina Seiter			0:29:30									29:30.3	29:30.3	29:30.3		🏆
Varsity																
Top 5 (Goal 1:40:29)	1:46:08	1:51:45	1:43:45	1:43:56	1:44:42	1:40:12							1:39:59	1:43:49	Avg: -0:02:33	
Top 7 (Goal 2:29:28)	2:30:54	2:38:15	2:26:28	2:28:04	2:28:42	2:21:59							2:21:46	2:27:23		
JV																
Spread (1:50)	0:02:22	0:02:22	0:01:32	0:02:58	0:02:23	0:01:12							0:01:25	0:02:03		
Top 5	1:56:36	2:01:22	1:54:00	1:54:18	1:53:14	1:48:17							1:48:16	1:53:41		
Top 7 (Goal 2:43.16)	2:44:35	2:51:30	2:41:05	2:40:40	2:40:24	2:32:38							2:32:36	2:40:37		
Spread	0:01:03	0:01:36	0:01:21	0:00:36	0:01:36	0:01:00							0:01:01	0:01:20		

Gold = top 7 in race
Green = Season Record

Race	Event	Team 5	Team 7
Race1	Under The Lights		
Race2	Unity Invitational	Gold	19:59.9 01:36:59.9 02:15:59.0
Race3	Christian School Invite	Silver	21:59.9 01:39:59.9 02:21:59.9
Race4	Ottawa Hills Invite	Bronze	23:59.9 01:42:59.9 02:25:59.9
Race5	Conference Jamboree #1		
Race6	Autumn Sunrise		
Race7			
Race8			
Race9			

Improvement is defined as difference between slowest and fastest races

Boys Varsity
Autumn Sunrise

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	05:26 🟡 -00:03		11:24	11:11		05:35 ▲ 00:06.4	05:17.4 ▼ -00:12		17:40	● 17:00.1	05:29	-00:40	00:18	🏆	🏆
2	Alex Ten Haken	05:45	05:32 ▼ -00:06		11:31	11:36		05:48 ▲ 00:09.5	05:21.2 ▼ -00:17		17:51	● 17:29.3	05:38	-00:21	00:27	🏆	🏆
3	Grady Bremer	05:48	05:35 ▼ -00:07		11:35	11:38		05:49 ▲ 00:07.4	05:28.0 ▼ -00:14		17:58	● 17:38.8	05:42	-00:19	00:21	🏆	🏆
4	Ethan Miller	05:57	05:56 🟡 00:02		11:54	12:14		06:07 ▲ 00:13.2	05:29.7 ▼ -00:24		18:26	● 18:16.7	05:54	-00:09	00:37		🏆
5	Benjamin Hoekstra	06:02	05:55 🟡 -00:01		12:04	12:14		06:07 ▲ 00:10.9	05:36.4 ▼ -00:20		18:42	● 18:24.0	05:56	-00:18	00:31		🏆
6	Caden Leatherman	05:59	05:42 ▼ -00:15		11:58	12:06		06:03 ▲ 00:06.3	05:45.4 ▼ -00:11		18:34	● 18:25.9	05:57	-00:08	00:21	🏆	🏆
13	Evan Miedema	06:15	06:18 ▼ -00:10		12:29	13:14		06:37 ▲ 00:08.7	06:12.4 ▼ -00:16		19:21	● 20:03.6	06:28	00:42	00:25		

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
7	Lukas Wierenga	06:25	06:08 ▼ -00:14		12:49	12:53		06:27 🟡 00:04	06:14 ▼ -00:08		19:52	● 19:44.4	06:22	-00:08	00:18	🏆	🏆
9	Tyler Bakhuyzen	06:24	06:08 ▼ -00:16		12:47	12:54		06:27 🟡 00:03	06:17 ▼ -00:06		19:49	● 19:49.1	06:24	00:00	00:19		
11	Jacob Kuipers	06:35	06:03 ▼ -00:22		13:10	12:56		06:28 🟡 00:03	06:19 ▼ -00:06		20:24	● 19:53.1	06:25	-00:31	00:25	🏆	🏆
12	Dylan Duimstra	06:29	06:10 ▼ -00:17		12:58	13:02		06:31 🟡 00:04	06:19 ▼ -00:08		20:07	● 19:58.6	06:27	-00:08	00:21	🏆	🏆
17	Everett Kalsbeek	06:46	06:30 ▼ -00:11		13:32	13:37		06:49 ▲ 00:08	06:27 ▼ -00:14		20:59	● 20:42.2	06:41	-00:16	00:22	🏆	🏆
20	Alden Lucas	06:49	06:52 ▲ 00:05		13:39	15:02		07:31 ▲ 00:44	05:26 ▼ -01:21		21:09	○ 21:00.6	06:47	-00:08	02:05	🏆	🏆
21	Brandon Weber	06:47	06:50 🟡 00:02		13:34	14:55		07:28 ▲ 00:40	05:36 ▼ -01:12		21:02	○ 21:04.1	06:48	00:03	01:52		
24	Ben Brower	07:14	06:59 🟡 00:04		14:29	14:24		07:12 ▲ 00:17	06:24 ▼ -00:31		22:27	○ 21:26.7	06:55	-01:00	00:48	🏆	🏆
25	Johnny Gruppen	07:05	06:50 ▼ -00:06		14:11	14:07		07:03 ▲ 00:08	06:42 ▼ -00:14		21:59	○ 21:29.2	06:56	-00:29	00:21	🏆	🏆
31	Lucas Buys	07:18	07:08 ▼ -00:07		14:37	14:52		07:26 ▲ 00:11	06:55 ▼ -00:20		22:39	○ 22:28.8	07:15	-00:10	00:31	🏆	🏆
36	Logan Kowalke	07:05	06:59 ▼ -00:26		14:09	14:01		07:01 ▼ -00:24	08:08 ▲ 00:44		21:56	○ 22:58.0	07:25	01:02	01:09		
37	Evan Schrier	07:36	06:55 ▼ -00:33		15:13	14:55		07:28 🟡 -00:01	07:30 🟡 00:02		23:35	○ 23:10.0	07:28	-00:25	00:35		🏆
39	Cole Schmidt	07:56	07:47 🟡 00:04		15:51	15:59		08:00 ▲ 00:17	07:13 ▼ -00:30		24:35	○ 23:54.9	07:43	-00:40	00:47		🏆
46	Connor Scholma	08:46	08:24 ▼ -00:18		17:32	17:37		08:49 ▲ 00:06	08:31 ▼ -00:11		27:11	○ 26:59.6	08:42	-00:11	00:25		🏆

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	17:45.3	17:00.1						17:00.1	17:00.1	17:48.6	-0:01:44.7	🏆
Alex Ten Haken	19:14.3	19:25.2	17:50.7	17:52.0	19:32.0	17:29.3						17:29.3	17:29.3	18:33.9	-0:02:02.7	🏆
Grady Bremer	18:11.6	18:58.0	17:57.7	18:07.3	18:12.0	17:38.8						17:38.8	17:38.8	18:10.9	-0:01:19.2	🏆
Ethan Miller	19:09.2		18:57.0	18:26.2	18:59.9	18:16.7						18:02.6	18:16.7	18:45.8	-0:00:52.5	
Benjamin Hoekstra	19:19.9	20:27.6	19:03.4	18:41.9	19:01.0	18:24.0						18:20.8	18:24.0	19:09.6	-0:02:03.6	
Caden Leatherman	19:12.0	19:57.8	19:29.9	18:33.6	18:56.9	18:25.9						18:25.9	18:25.9	19:06.0	-0:01:31.9	🏆
Lukas Wierenga	19:55.6	20:29.8	19:52.0	20:08.5	20:32.4	19:44.4						19:44.4	19:44.4	20:07.1	-0:00:48.0	🏆
Tyler Bakhuyzen	20:06.2	21:32.8	19:51.4	19:48.9	21:12.9	19:49.1						18:35.8	19:48.9	20:23.6	-0:01:43.9	
Jacob Kuipers	21:37.6	21:50.2	20:59.2	20:24.1	20:36.4	19:53.1						19:53.1	19:53.1	20:53.4	-0:01:57.1	🏆
Dylan Duimstra	20:47.3	21:36.9	20:57.5	20:06.5	20:39.9	19:58.6						19:58.6	19:58.6	20:41.1	-0:01:38.3	🏆
Evan Miedema	19:45.9	21:06.5	19:21.4	19:44.1	19:43.3	20:03.6						18:20.1	19:21.4	19:57.5	-0:01:45.1	
Everett Kalsbeek	21:35.7	21:56.7	20:58.5	21:01.7	21:38.8	20:42.2						20:42.2	20:42.2	21:18.9	-0:01:14.5	🏆
Alden Lucas	21:35.0	23:05.8	21:43.0	21:09.0	21:40.9	21:00.6						21:00.6	21:00.6	21:42.4	-0:02:05.2	🏆
Brandon Weber	21:44.0	23:13.0	21:32.1	21:01.6	21:41.8	21:04.1						21:01.6	21:01.6	21:42.8	-0:02:11.4	🏆
Ben Brower	24:36.0	26:39.4	23:36.6		22:26.7	21:26.7						21:26.7	21:26.7	23:45.1	-0:05:12.7	🏆
Johnny Gruppen	23:21.4	23:48.3	22:16.9	21:58.5	22:37.0	21:29.2						21:29.2	21:29.2	22:35.2	-0:02:19.1	🏆
Lucas Buys	23:06.1	23:52.6	23:02.8	23:06.6	22:39.1	22:28.8						22:28.8	22:28.8	23:02.7	-0:01:23.8	🏆
Logan Kowalke	24:35.5			23:01.6	21:56.4	22:58.0						21:56.4	21:56.4	23:07.9	-0:02:39.1	🏆
Evan Schrier	23:41.6	25:32.1	23:35.0	24:34.1	25:15.2	23:10.0						21:44.7	23:10.0	24:18.0	-0:02:22.1	
Cole Schmidt	27:41.0	28:41.7	24:39.7	24:57.5	24:34.5	23:54.9						22:36.1	23:54.9	25:44.9	-0:04:46.8	
Connor Scholma	29:50.0	29:56.7	30:01.1	27:10.5	27:54.2	26:59.6						24:53.4	26:59.6	28:38.7	-0:03:01.5	

Varsity	Top 5 (Goal 1:26:01)	1:33:43	1:37:33	1:31:29	1:30:45	1:32:55	1:28:49							1:28:49	1:32:25	Avg: -0:02:08
	Top 7 (Goal 2:01:08)	2:12:48	2:19:10	2:10:20	2:09:11	2:12:10	2:06:59							2:06:36	2:11:32	
	Spread (1:00)	0:01:50	0:02:22	0:01:50	0:01:59	0:01:58	0:02:44							0:02:21	0:02:09	
JV	Top 5	1:44:00	1:50:02	1:42:39	1:41:30	1:44:40	1:40:27							1:40:07	1:43:24	
	Top 7 (Goal 2:11:33)	2:27:21	2:37:04	2:25:54	2:23:40	2:28:03	2:22:31							2:22:09	2:26:49	
	Spread	0:01:48	0:02:16	0:01:52	0:01:20	0:01:09	0:01:15							0:01:17	0:01:36	

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	Conference Jamboree #1	Bronze	20:59.0
Race6	Autumn Sunrise		
Race7			
Race8			
Race9			
Race10			
Race11			
Race12			

Improvement is defined as difference between slowest and fastest races