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
7	Marie Gates	06:10	**05:57**	-00:08	12:20	**12:05**	06:02	-00:02	06:09	00:04	19:08	**18:50.4**	06:05	-00:17	00:12		
13	Sierra Grooters	06:47	**06:18**	-00:09	13:34	**12:52**	06:26	-00:01	06:28	00:01	21:02	**19:58.4**	06:27	-01:04	00:10		
16	Sadie Schout	06:49	**06:18**	-00:20	13:39	**13:07**	06:34	-00:04	06:46	00:08	21:09	**20:33.1**	06:38	-00:36	00:28		
17	Maddie Bruxvoort	06:49	**06:24**	-00:16	13:38	**13:16**	06:38	-00:02	06:44	00:04	21:08	**20:40.5**	06:40	-00:27	00:20		
18	Carly Bruxvoort	06:53	**06:27**	-00:14	13:46	**13:18**	06:39	-00:02	06:45	00:04	21:21	**20:43.9**	06:41	-00:37	00:18		
22	Riley DenHartigh	06:53	**06:28**	-00:21	13:47	**13:23**	06:41	-00:07	07:01	00:13	21:21	**21:06.5**	06:49	-00:15	00:33		
23	Maya VanSolkema	06:53	**06:34**	-00:18	13:46	**13:30**	06:45	-00:07	07:04	00:12	21:20	**21:15.9**	06:52	-00:04	00:30		

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
26	Noelle Wielhouwer	07:08	**06:44**	-00:09	14:17	**13:38**	06:49	-00:04	07:02	00:08	22:08	**21:21.7**	06:53	-00:47	00:18		
29	Katelynn Boyd	07:11	**06:53**	-00:07	14:21	**14:03**	07:01	00:01	06:57	-00:03	22:15	**21:42.1**	07:00	-00:33	00:09		
30	Lauryn Byker	07:17	**07:00**	-00:05	14:35	**14:11**	07:06	00:01	07:04	-00:01	22:36	**21:57.1**	07:05	-00:39	00:06		
31	Ana Beimers	07:07	**06:44**	-00:22	14:15	**14:01**	07:01	-00:05	07:15	00:09	22:05	**21:59.2**	07:06	-00:06	00:31		
33	Alaina Gruppen	07:18	**06:44**	-00:29	14:36	**14:03**	07:01	-00:12	07:35	00:22	22:37	**22:23.6**	07:13	-00:14	00:51		
35	Alivia VanderZwaag	07:38	**07:14**	-00:14	15:16	**14:50**	07:25	-00:03	07:33	00:05	23:39	**23:08.4**	07:28	-00:31	00:19		
36	Ashley Binder	07:41	**07:23**	-00:09	15:21	**15:05**	07:33	00:00	07:32	-00:00	23:48	**23:22.1**	07:32	-00:26	00:10		
37	Taryn Landers	07:38	**07:21**	-00:11	15:17	**14:58**	07:29	-00:03	07:38	00:06	23:41	**23:22.2**	07:32	-00:19	00:17		
38	Lydia VanderMolen	07:44	**07:27**	-00:11	15:28	**15:12**	07:36	-00:02	07:43	00:04	23:58	**23:41.2**	07:38	-00:17	00:16		
41	Noelle Nienhuis	07:45	**07:27**	-00:14	15:30	**15:12**	07:36	-00:05	07:49	00:08	24:01	**23:47.8**	07:41	-00:13	00:22		
42	Kasey Haartman	08:19	**07:42**	-00:04	16:37	**15:39**	07:50	00:03	07:40	-00:06	25:46	**24:04.9**	07:46	-01:41	00:10		
43	Rylee VandenBerg	08:15	**07:42**	-00:13	16:30	**15:40**	07:50	-00:05	08:04	00:09	25:35	**24:32.6**	07:55	-01:02	00:22		
45	Carolyn Buller	08:47	**07:58**	-00:05	17:35	**16:12**	08:06	00:03	07:57	-00:06	27:15	**24:56.6**	08:03	-02:19	00:09		
46	Olivia Vredevoogd	08:42	**07:58**	-00:06	17:23	**16:12**	08:06	00:02	08:02	-00:03	26:57	**25:01.8**	08:04	-01:55	00:08		
47	Aeris Ensing	08:54	**08:06**	-00:11	17:48	**16:29**	08:15	-00:02	08:20	00:04	27:36	**25:39.2**	08:17	-01:56	00:14		
48	Charlotte Bremer	08:34	**07:58**	-00:27	17:08	**16:30**	08:15	-00:10	08:42	00:17	26:34	**26:04.1**	08:25	-00:30	00:44		
49	Rylie Lawrence	09:16	**07:58**	-00:33	18:33	**16:50**	08:25	-00:06	08:42	00:11	28:45	**26:24.6**	08:31	-02:20	00:44		
50	Kylie Leatherman	09:20	**08:45**	-00:19	18:39	**18:09**	09:05	00:00	09:04	-00:00	28:55	**28:07.4**	09:04	-00:47	00:20		
51	Hanna DeVries	10:54	**09:22**	00:04	21:48	**19:04**	09:32	00:14	08:54	-00:25	33:47	**28:51.3**	09:18	-04:56	00:38		
52	Alaina Miedema	10:05	**08:45**	-00:48	20:09	**18:30**	09:15	-00:18	10:07	00:33	31:15	**29:37.5**	09:33	-01:37	01:22		
53	Leah Ernst	10:40	**09:47**	-00:18	21:21	**20:13**	10:06	00:01	10:03	-00:02	33:06	**31:16.4**	10:05	-01:49	00:20		
54	Addison Mokma	10:45	**10:09**	-00:08	21:29	**20:38**	10:19	00:02	10:15	-00:03	33:19	**31:54.2**	10:17	-01:24	00:10		
55	Caroline Schippers	08:01			16:02						24:52						
56	Avery Dekker	08:23			16:46						26:00						
57	Natalie Kooyer	08:59			17:57						27:50						
58	Kenna Caryl	07:28			14:56						23:09						
59	Sophia Miller	08:27			16:53						26:10						

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
Marie Gates	19:07.7	0:18:50										18:50.4	18:50.4	18:59.1	-0:00:17	
Sierra Grooters	21:02.2	0:19:58										19:46.2	19:58.4	20:30.3	-0:01:04	
Sadie Schout	21:09.0	0:20:33										20:33.1	20:33.1	20:51.1	-0:00:36	
Maddie Bruxvoort	21:07.6	0:20:41										19:55.5	20:40.5	20:54.1	-0:00:27	
Carly Bruxvoort	21:20.9	0:20:44										19:52.1	20:43.9	21:02.4	-0:00:37	
Riley DenHartigh	21:21.3	0:21:07										20:12.0	21:06.5	21:13.9	-0:00:15	
Maya VanSolkema	21:20.1	0:21:16										20:44.5	21:15.9	21:18.0	-0:00:04	
Noelle Wielhouwer	22:08.3	0:21:22										21:21.7	21:21.7	21:45.0	-0:00:47	
Katelynn Boyd	22:15.3	0:21:42										21:21.0	21:42.1	21:58.7	-0:00:33	
Lauryn Byker	22:36.1	0:21:57										21:35.3	21:57.1	22:16.6	-0:00:39	
Ana Beimers	22:05.0	0:21:59										20:50.2	21:59.2	22:02.1	-0:00:06	
Alaina Gruppen	22:37.3	0:22:24										20:54.3	22:23.6	22:30.5	-0:00:14	
Alivia VanderZwaag	23:39.4	0:23:08										23:08.4	23:08.4	23:23.9	-0:00:31	
Ashley Binder	23:47.7	0:23:22										23:22.1	23:22.1	23:34.9	-0:00:26	
Taryn Landers	23:40.8	0:23:22										21:09.3	23:22.2	23:31.5	-0:00:19	
Lydia VanderMolen	23:57.7	0:23:41										22:19.5	23:41.2	23:49.5	-0:00:16	
Noelle Nienhuis	24:01.2	0:23:48										20:28.3	23:47.8	23:54.5	-0:00:13	
Kasey Haartman	25:45.7	0:24:05										23:16.4	24:04.9	24:55.3	-0:01:41	
Rylee VandenBerg	25:35.0	0:24:33										24:32.6	24:32.6	25:03.8	-0:01:02	
Carolyn Buller	27:15.1	0:24:57										24:56.6	24:56.6	26:05.9	-0:02:19	
Olivia Vredevoogd	26:57.2	0:25:02										25:01.8	25:01.8	25:59.5	-0:01:55	
Aeris Ensing	27:35.5	0:25:39										25:30.8	25:39.2	26:37.4	-0:01:56	
Charlotte Bremer	26:33.8	0:26:04										26:04.1	26:04.1	26:19.0	-0:00:30	
Rylie Lawrence	28:45.0	0:26:25										26:24.6	26:24.6	27:34.8	-0:02:20	
Kylie Leatherman	28:54.6	0:28:07										25:39.7	28:07.4	28:31.0	-0:00:47	
Hanna DeVries	33:47.4	0:28:51										28:51.3	28:51.3	31:19.4	-0:04:56	
Alaina Miedema		0:29:38										27:06.6	29:37.5	29:37.5		
Leah Ernst	33:05.5	0:31:16										31:16.4	31:16.4	32:11.0	-0:01:49	
Addison Mokma	33:18.5	0:31:54										31:54.2	31:54.2	32:36.4	-0:01:24	
Avery Dekker	25:59.7											23:15.4	25:59.7	25:59.7		
Caroline Schippers												21:59.5				
Kenna Caryl	23:09.4											21:16.6	23:09.4	23:09.4		
Natalie Kooyer	27:49.7											21:08.7	27:49.7	27:49.7		
Sophia Miller												24:30.8				
Varsity																
Top 5 (Goal 1:40:29)	**1:43:47**	**1:40:46**											**0:59:22**	**1:42:17**	Avg: -0:00:50	
Top 7 (Goal 2:29:28)	**2:26:29**	**2:23:09**											**1:40:46**	**2:24:49**		
Spread (1:50)	**0:02:14**	**0:02:25**											**0:20:44**	**0:02:19**		
JV																
Top 5	**1:51:42**	**1:49:24**											**1:47:23**	**1:50:33**		
Top 7 (Goal 2:43.16)	**2:38:31**	**2:35:54**											**2:31:46**	**2:37:06**		
Spread	**0:01:34**	**0:02:00**											**0:01:17**	**0:01:39**		

Gold = top 7 in race
Green = Season Record

Race1	Under The Lights	
Race2	Christian School Invite	
Race3	Ottawa Hills Invite	
Race4	Conference Jamboree #1	
Race5	Autumn Sunrise	
Race6	Otsego	
Race7	Conference Jamboree #2	
Race8	Portage	
Race9	Conference Jamboree #3	
Race10	Regionals	
Race11	State	

		Team 5	Team 7
Gold	19:59.9	01:36:59.9	02:15:59.0
Silver	21:59.9	01:39:59.9	02:21:59.9
Bronze	23:59.9	01:42:59.9	02:25:59.9

Improvement is defined as difference between slowest and fastest races