

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
6	Marie Gates	06:10	05:47 ▼ -00:18		12:20	12:04	06:02 🟡 -00:03		06:11 ▲ 00:06		19:08	● 18:51.9	06:05	-00:16	00:24		🏆
12	Sierra Grooters	06:47	06:14 ▼ -00:23		13:34	13:14	06:37 🟡 00:00		06:37 🟡 -00:00		21:02	● 20:30.3	06:37	-00:32	00:23		🏆
14	Sadie Schout	06:49	06:07 ▼ -00:33		13:39	13:10	06:35 🟡 -00:05		06:48 ▲ 00:09		21:09	● 20:39.0	06:40	-00:30	00:41		🏆
21	Carly Bruxvoort	06:53	06:35 ▼ -00:20		13:46	13:45	06:52 🟡 -00:03		07:01 ▲ 00:05		21:21	● 21:27.9	06:55	00:07	00:26		
23	Maya VanSolkema	06:53	06:44 ▼ -00:15		13:46	13:56	06:58 🟡 -00:01		07:01 🟡 00:02		21:20	● 21:38.9	06:59	00:19	00:17		
24	Ana Beimers	07:07	06:41 ▼ -00:27		14:15	14:04	07:02 ▼ -00:06		07:18 ▲ 00:10		22:05	● 22:05.4	07:08	00:00	00:37		
25	Noelle Wielhouwer	07:08	06:55 ▼ -00:15		14:17	14:22	07:11 🟡 00:01		07:08 🟡 -00:02		22:08	● 22:12.3	07:10	00:04	00:16		
26	Katelynn Boyd	07:11	06:58 ▼ -00:12		14:21	14:25	07:12 🟡 00:02		07:06 🟡 -00:04		22:15	● 22:13.7	07:10	-00:02	00:15		🏆
29	Lauryn Byker	07:17	07:00 ▼ -00:16		14:35	14:28	07:14 🟡 -00:02		07:19 🟡 00:03		22:36	● 22:31.3	07:16	-00:05	00:19		🏆

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
28	Alaina Gruppen	07:18	06:55 ▼ -00:18		14:36	14:22	07:11 🟡 -00:02		07:18 🟡 00:04		22:37	● 22:23.6	07:13	-00:14	00:23		🏆
30	Ashley Binder	07:41	07:08 ▼ -00:15		15:21	14:45	07:23 🟡 -00:00		07:23 🟡 00:00		23:48	● 22:52.4	07:23	-00:55	00:15		🏆
33	Noelle Nienhuis	07:45	07:12 ▼ -00:23		15:30	14:51	07:25 ▼ -00:09		07:51 ▲ 00:17		24:01	● 23:29.3	07:35	-00:32	00:39		🏆
34	Alivia VanderZwaag	07:38	07:08 ▼ -00:30		15:16	15:10	07:35 🟡 -00:03		07:43 ▲ 00:05		23:39	● 23:39.6	07:38	00:00	00:35		
35	Taryn Landers	07:38	07:23 ▼ -00:27		15:17	15:23	07:41 ▼ -00:09		08:06 ▲ 00:16		23:41	○ 24:18.0	07:50	00:37	00:43		
36	Lydia VanderMolen	07:44	07:11 ▼ -00:46		15:28	15:20	07:40 ▼ -00:17		08:27 ▲ 00:30		23:58	○ 24:37.3	07:57	00:40	01:16		
37	Kasey Haartman	08:19	07:53 ▼ -00:09		16:37	16:10	08:05 🟡 00:03		07:56 ▼ -00:06		25:46	○ 24:53.5	08:02	-00:52	00:12		🏆
38	Carolyn Buller	08:47	07:53 ▼ -00:11		17:35	16:10	08:05 🟡 00:01		08:02 🟡 -00:02		27:15	○ 24:59.7	08:04	-02:15	00:12		🏆
40	Olivia Vredevoogd	08:42	07:53 ▼ -00:24		17:23	16:18	08:09 ▼ -00:08		08:31 ▲ 00:14		26:57	○ 25:39.9	08:17	-01:17	00:38		🏆
41	Rylee VandenBerg	08:15	07:53 ▼ -00:27		16:30	16:20	08:10 ▼ -00:10		08:39 ▲ 00:18		25:35	○ 25:50.5	08:20	00:15	00:46		
42	Rylie Lawrence	09:16	08:13 ▼ -00:35		18:33	17:20	08:40 ▼ -00:08		09:02 ▲ 00:14		28:45	○ 27:15.7	08:48	-01:29	00:49		🏆
43	Aeris Ensing	08:54	08:20 ▼ -00:30		17:48	17:24	08:42 ▼ -00:08		09:05 ▲ 00:15		27:36	○ 27:23.1	08:50	-00:12	00:45		🏆
44	Natalie Kooyer	08:59	08:22 ▼ -00:32		17:57	17:39	08:49 🟡 -00:04		09:01 ▲ 00:08		27:50	○ 27:34.3	08:54	-00:15	00:39		🏆
45	Hanna DeVries	10:54	09:10 ▼ -00:28		21:48	19:06	09:33 🟡 -00:05		09:46 ▲ 00:09		33:47	○ 29:51.0	09:38	-03:56	00:36		🏆
46	Alaina Miedema	10:05	09:10 ▼ -00:31		20:09	19:06	09:33 ▼ -00:08		09:55 ▲ 00:14		31:15	○ 30:00.9	09:41	-01:14	00:45		🏆
47	Addison Mokma	10:45	09:50 ▼ -00:27		21:29	20:51	10:26 ▲ 00:08		10:02 ▼ -00:15		33:19	○ 31:53.5	10:17	-01:25	00:36		🏆
57	Maddie Bruxvoort	06:49			13:38						21:08						
53	Riley DenHartigh	06:53			13:47						21:21						
58	Charlotte Bremer	08:34			17:08						26:34						
51	Kylie Leatherman	09:20			18:39						28:55						
54	Leah Ernst	10:40			21:21						33:06						
48	Kenna Caryl	07:28			14:56						23:09						
50	Caroline Schippers	08:01			16:02						24:52						
52	Avery Dekker	08:23			16:46						26:00						
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	0:18:52									18:50.4	18:50.4	18:56.7	-0:00:17	🏆
Sierra Grooters	21:02.2	0:19:58	0:20:30									19:46.2	19:58.4	20:30.3	-0:01:04	
Sadie Schout	21:09.0	0:20:33	0:20:39									20:33.1	20:33.1	20:47.0	-0:00:36	🏆
Carly Bruxvoort	21:20.9	0:20:44	0:21:28									19:52.1	20:43.9	21:10.9	-0:00:44	
Maya VanSolkema	21:20.1	0:21:16	0:21:39									20:44.5	21:15.9	21:25.0	-0:00:23	
Ana Beimers	22:05.0	0:21:59	0:22:05									20:50.2	21:59.2	22:03.2	-0:00:06	
Noelle Wielhouwer	22:08.3	0:21:22	0:22:12									21:21.7	21:21.7	21:54.1	-0:00:51	🏆
Katelynn Boyd	22:15.3	0:21:42	0:22:14									21:21.0	21:42.1	22:03.7	-0:00:33	
Alaina Gruppen	22:37.3	0:22:24	0:22:24									20:54.3	22:23.6	22:28.2	-0:00:14	
Lauryn Byker	22:36.1	0:21:57	0:22:31									21:35.3	21:57.1	22:21.5	-0:00:39	
Ashley Binder	23:47.7	0:23:22	0:22:52									22:52.4	22:52.4	23:20.7	-0:00:55	🏆
Noelle Nienhuis	24:01.2	0:23:48	0:23:29									20:28.3	23:29.3	23:46.1	-0:00:32	
Alivia VanderZwaag	23:39.4	0:23:08	0:23:40									23:08.4	23:08.4	23:29.1	-0:00:31	🏆
Taryn Landers	23:40.8	0:23:22	0:24:18									21:09.3	23:22.2	23:47.0	-0:00:56	
Lydia VanderMolen	23:57.7	0:23:41	0:24:37									22:19.5	23:41.2	24:05.4	-0:00:56	
Kasey Haartman	25:45.7	0:24:05	0:24:54									23:16.4	24:04.9	24:54.7	-0:01:41	
Carolyn Buller	27:15.1	0:24:57	0:25:00									24:56.6	24:56.6	25:43.8	-0:02:19	🏆
Olivia Vredevoogd	26:57.2	0:25:02	0:25:40									25:01.8	25:01.8	25:53.0	-0:01:55	🏆
Rylee VandenBerg	25:35.0	0:24:33	0:25:51									24:32.6	24:32.6	25:19.4	-0:01:18	🏆
Rylie Lawrence	28:45.0	0:26:25	0:27:16									26:24.6	26:24.6	27:28.4	-0:02:20	🏆
Aeris Ensing	27:35.5	0:25:39	0:27:23									25:30.8	25:39.2	26:52.6	-0:01:56	
Natalie Kooyer	27:49.7		0:27:34									21:08.7	27:34.3	27:42.0	-0:00:15	
Hanna DeVries	33:47.4	0:28:51	0:29:51									28:51.3	28:51.3	30:49.9	-0:04:56	🏆
Alaina Miedema		0:29:38	0:30:01									27:06.6	29:37.5	29:49.2	-0:00:23	
Addison Mokma	33:18.5	0:31:54	0:31:54									31:53.5	31:53.5	32:22.1	-0:01:25	🏆
Avery Dekker	25:59.7											23:15.4	25:59.7	25:59.7		
Caroline Schippers												21:59.5				
Charlotte Bremer	26:33.8	0:26:04										26:04.1	26:04.1	26:19.0	-0:00:30	🏆
Kenna Caryl	23:09.4											21:16.6	23:09.4	23:09.4		
Kylie Leatherman	28:54.6	0:28:07										25:39.7	28:07.4	28:31.0	-0:00:47	
Leah Ernst	33:05.5	0:31:16										31:16.4	31:16.4	32:11.0	-0:01:49	🏆
Maddie Bruxvoort	21:07.6	0:20:41										19:55.5	20:40.5	20:54.1	-0:00:27	
Riley DenHartigh	21:21.3	0:21:07										20:12.0	21:06.5	21:13.9	-0:00:15	
Sophia Miller												24:30.8				

Varsity

Top 5 (Goal 1:40:29)	1:43:47	1:40:46	1:43:08									0:59:22	1:42:19	Avg: -0:00:56
Top 7 (Goal 2:29:28)	2:26:29	2:23:09	2:27:26									1:40:46	2:24:58	
Spread (1:50)	0:02:14	0:02:25	0:03:20									0:20:44	0:02:28	

JV

Top 5	1:51:42	1:49:24	1:53:30									1:47:23	1:50:51	
Top 7 (Goal 2:43:16)	2:38:31	2:35:54	2:41:28									2:31:46	2:37:21	
Spread	0:01:34	0:02:00	0:02:04									0:01:17	0:01:27	

Gold = top 7 in race
Green = Season Record

Race	Event	Placement	Team 5	Team 7
Race1	Under The Lights			
Race2	Christian School Invite	Gold	19:59.9	01:36:59.9
Race3	Ottawa Hills Invite	Silver	21:59.9	01:39:59.9
Race4	Conference Jamboree #1	Bronze	23:59.9	01:42:59.9
Race5	Autumn Sunrise			
Race6	Otsego			
Race7	Conference Jamboree #2			
Race8	Portage			
Race9	Conference Jamboree #3			
Race10	Regionals			
Race11	State			

Improvement is defined as difference between slowest and fastest races