

Boys Varsity
Conference Jamboree #1

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	Graeson Decker	05:23	05:40 🟡	-00:01	10:45	11:38	05:49 ▲	00:07.7	05:27.4 ▼	-00:14	16:40	● 17:38.1	05:41	00:58	00:22		
2	Alex Ten Haken	05:29	05:42 🟡	-00:04	10:58	11:53	05:56 ▲	00:10.1	05:28.1	-00:18	17:00	● 17:53.9	05:46	00:54	00:28		
3	Caleb DenHartigh	05:36	05:44 ▼	-00:06	11:12	12:01	06:01 ▲	00:10.1	05:32.0	-00:18	17:22	● 18:06.2	05:50	00:44	00:28		
4	Ethan Miller	05:47	06:00 ▼	-00:08	11:34	12:33	06:17 ▲	00:08.0	05:53.8	-00:15	17:56	● 19:02.2	06:08	01:06	00:23		
5	Grady Bremer	05:51	06:00 ▼	-00:17	11:43	12:38	06:19 🟡	00:01.8	06:13.9	-00:03	18:09	● 19:29.3	06:17	01:20	00:19		
8	Ben Brower	06:03	06:01 ▼	-00:29	12:05	13:09	06:34 🟡	00:04.8	06:21.0	-00:09	18:44	● 20:08.1	06:30	01:24	00:33		
9	Caden Leatherman	06:04	06:04 ▼	-00:28	12:08	13:05	06:33 🟡	00:00.6	06:30.9 🟡	-00:01	18:48	● 20:15.0	06:32	01:27	00:29		

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	Ben Muckey	06:10	06:11 ▼	-00:12	12:21	13:09	06:34 ▲	00:11	06:03 ▼	-00:20	19:08	● 19:48.2	06:23	00:40	00:32		
10	Jacob Kuipers	06:18	06:23	-00:20	12:36	13:41	06:50	00:07	06:31 ▼	-00:13	19:32	● 20:50.7	06:43	01:19	00:27		
12	Evan Miedema	06:25	06:22	-00:31	12:51	13:57	06:59	00:06	06:42 ▼	-00:10	19:55	○ 21:19.5	06:53	01:25	00:36		
13	Alden Lucas	06:35	06:46	-00:08	13:09	14:03	07:01	00:07	06:41 ▼	-00:13	20:24	○ 21:24.4	06:54	01:01	00:20		
17	Micah Cammenga	06:51	06:55	-00:09	13:42	14:34	07:17	00:13	06:40 ▼	-00:24	21:14	○ 21:54.0	07:04	00:40	00:37		
18	Dylan Duimstra	06:37	06:55	-00:11	13:13	14:34	07:17	00:11	06:45 ▼	-00:21	20:30	○ 21:59.5	07:06	01:30	00:32		
19	Johnny Gruppen	06:26	06:22	-00:45	12:52	14:06	07:03	-00:04	07:15 ▲	00:08	19:56	○ 22:04.8	07:07	02:09	00:53		
20	Philip Kooyer	06:45	06:55	-00:13	13:31	14:34	07:17	00:09	06:52 ▼	-00:16	20:57	○ 22:07.1	07:08	01:10	00:25		
21	Adam Shoemaker	06:48	06:55	-00:15	13:35	14:34	07:17	00:07	06:58 ▼	-00:13	21:04	○ 22:13.3	07:10	01:09	00:22		
24	Andrew Burnside	06:56	07:10	-00:06	13:51	14:55	07:28	00:12	06:55 ▼	-00:21	21:28	○ 22:31.4	07:16	01:03	00:33		
25	Brandon Weber	06:41	06:55	-00:22	13:23	14:37	07:18	00:01	07:14 🟡	-00:03	20:44	○ 22:34.9	07:17	01:51	00:23		
28	Logan Nederveld	06:43	06:56	-00:30	13:25	14:58	07:29	00:03	07:21 ▼	-00:05	20:49	○ 23:02.6	07:26	02:14	00:33		
31	Peter Keegstra	07:19	07:27	-00:12	14:38	15:37	07:49	00:10	07:21 ▼	-00:17	22:41	○ 23:42.6	07:39	01:01	00:27		
34	Jaydan Alvarez	07:10	07:27	-00:38	14:21	15:54	07:57	-00:08	08:20 ▲	00:15	22:15	○ 25:04.4	08:05	02:50	00:53		
42	Cole Schmidt	07:29	08:04	-00:39	14:58	16:58	08:29	-00:14	09:08 ▲	00:25	23:12	○ 27:01.0	08:43	03:49	01:04		
44	Evan Schrier	07:59	08:13	-00:35	15:59	17:59	09:00	00:11	08:28 ▼	-00:20	24:46	○ 27:18.2	08:48	02:32	00:47		
46	Corbin Meeuwssen	07:40	08:13	-00:39	15:21	17:59	09:00	00:08	08:38 ▼	-00:14	23:47	○ 27:29.0	08:52	03:42	00:47		
59	Lucas Buys	06:55			13:50							21:26					

Legend:

Mile1_Est	Estimated time to pass Mile 1	Est_Finish	Estimated Finish	Sub:		
Mile1_Act	Actual Time to pass mile 1 checkpoint	Actual	Actual Finish	16:59.9	▲	Below Average PPM
1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	18:59.9	🟡	On Target
Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	20:59.9	▼	Above Average PPM
Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.			
Mile2_PPM	Mile 2 PPM	PR	Personal Record			
2vsAvg	+/- compared to average PPM for mile 2	A<E	Actual less than Estimated			
Mile3_PPM	Mile 2 to finish of 1.1 miles at a PPM					
3vsAvg	+/- compared to average PPM for mile 3.1					

Athlete	Race1	Race2	Race3	Race4	Race5	Race6	Race7	Race8	Race9	Race10	Race11	PR	SR	Avg.	Improvement	PR This Season
Graeson Decker	17:17.3	16:49.2	16:40.4	17:38.1								16:11.7	16:40.4	17:06.3	-0:00:57.7	
Alex Ten Haken	17:30.6	16:59.5	17:13.6	17:53.9								16:59.5	16:59.5	17:24.4	-0:00:54.4	🏆
Caleb DenHartigh	17:40.9	17:24.4	17:21.8	18:06.2								16:55.8	17:21.8	17:38.3	-0:00:44.4	
Ethan Miller	17:55.8	18:19.9	18:36.8	19:02.2								17:27.4	17:55.8	18:28.7	-0:01:06.4	
Grady Bremer	18:09.0	18:13.0	18:19.9	19:29.3								17:38.8	18:09.0	18:32.8	-0:01:20.3	
Ben Muckey	20:04.4	19:20.0	19:08.0	19:48.2								19:08.0	19:08.0	19:35.2	-0:00:56.4	🏆
Ben Brower	19:42.6	18:44.3	19:08.3	20:08.1								18:26.5	18:44.3	19:25.8	-0:01:23.8	
Caden Leatherman	18:47.8	18:50.8		20:15.0								17:59.0	18:47.8	19:17.9	-0:01:27.2	
Jacob Kuipers	19:31.9	19:40.6	20:40.7	20:50.7								19:31.9	19:31.9	20:11.0	-0:01:18.8	🏆
Evan Miedema	20:25.7	19:54.6	20:34.5	21:19.5								18:20.1	19:54.6	20:33.6	-0:01:24.9	
Alden Lucas	20:52.1	20:24.0	20:23.5	21:24.4								19:47.2	20:23.5	20:46.0	-0:01:00.9	
Micah Cammenga	21:45.2	21:20.0	21:13.5	21:54.0								21:13.5	21:13.5	21:33.2	-0:00:40.5	🏆
Dylan Duimstra	20:53.7	20:32.3	20:29.5	21:59.5								19:48.0	20:29.5	20:58.8	-0:01:30.0	
Johnny Gruppen	20:17.1	19:56.2	20:28.6	22:04.8								19:56.2	19:56.2	20:41.7	-0:02:08.6	🏆
Philip Kooyer	23:01.2	20:57.0	21:09.3	22:07.1								20:57.0	20:57.0	21:48.7	-0:02:04.2	🏆
Adam Shoemaker	22:20.3	21:04.0	21:12.6	22:13.3								21:04.0	21:04.0	21:42.6	-0:01:16.3	🏆
Andrew Burnside	22:32.7	21:31.6	21:28.2	22:31.4								21:28.2	21:28.2	22:01.0	-0:01:04.5	🏆
Brandon Weber	20:50.1	20:44.3	21:12.1	22:34.9								20:06.5	20:44.3	21:20.4	-0:01:50.6	
Logan Nederveld	20:48.5	21:17.4	21:10.3	23:02.6								20:48.5	20:48.5	21:34.7	-0:02:14.1	🏆
Peter Keegstra	22:41.2	22:59.7	23:10.1	23:42.6								22:41.2	22:41.2	23:08.4	-0:01:01.4	🏆
Jaydan Alvarez	22:46.1	22:14.5	22:22.1	25:04.4								22:14.5	22:14.5	23:06.8	-0:02:49.9	🏆
Cole Schmidt	24:52.3	23:42.0	23:12.4	27:01.0								22:36.1	23:12.4	24:41.9	-0:03:48.6	
Evan Schrier	25:02.7	24:46.2	25:36.8	27:18.2								21:44.7	24:46.2	25:41.0	-0:02:32.0	
Corbin Meeuwssen	24:54.6	23:47.3		27:29.0								23:47.3	23:47.3	25:23.6	-0:03:41.7	🏆
Lucas Buys	22:12.6	21:25.8										21:25.8	21:25.8	21:49.2	-0:00:46.8	🏆

Varsity	Top 5 (Goal 1:26:01)	1:28:34	1:27:46	1:28:13	1:32:10								1:27:07	1:29:10	Avg: -0:01:36	
	Top 7 (Goal 2:01:08)	2:06:53	2:05:21	2:06:29	2:12:06								2:04:39	2:07:54		
	Spread (1:00)	0:02:15	0:02:02	0:02:28	0:02:30								0:02:07	0:02:20		
JV	Top 5	1:41:18	1:39:15	1:42:37	1:45:44								1:38:54	1:41:47		
	Top 7 (Goal 2:11:33)	2:23:01	2:20:32	2:24:56	2:29:48								2:20:08	2:24:07		
	Spread	0:01:09	0:01:24	0:00:47	0:01:50								0:01:36	0:01:45		

Gold = top 7 in race

Green = Season Record

Race1	Under The Lights		
Race2	Christian School Invite		
Race3	Ottawa Hills Invite	Gold	16:59.9
Race4	Conference Jamboree #1	Silver	18:59.9
Race5	Autumn Sunrise	Bronze	20:59.0
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