

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	Alex Ten Haken	05:29	05:30	00:01	10:58	11:10	05:35	00:03.7	05:24.6	-00:07	17:00	17:07.1	05:31	00:08	00:10		
2	Caleb DenHartigh	05:36	05:29	-00:05	11:12	11:12	05:36	00:02.4	05:29.4	-00:04	17:22	17:14.3	05:34	-00:07	00:07		🏆
3	Grady Bremer	05:51	05:52	00:07	11:43	12:05	06:02	00:03.4	05:52.8	-00:06	18:09	18:33.1	05:59	00:24	00:11		
4	Ben Muckey	06:10	06:03	-00:07	12:21	12:07	06:03	00:00.7	06:01.5	-00:01	19:08	18:44.6	06:03	-00:23	00:02	🏆	🏆
5	Caden Leatherman	06:04	06:03	-00:04	12:08	12:23	06:12	00:04.3	05:59.3	-00:08	18:48	18:58.2	06:07	00:10	00:12		
7	Ben Brower	06:03	06:03	00:00	12:05	12:30	06:15	-00:02.4	06:21.8	00:04	18:44	19:30.0	06:17	00:46	00:19		
54	Graeson Decker	05:23	05:13	-00:10	10:45	11:00	05:30				16:40				00:17		

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
8	Johnny Gruppen	06:26	06:19	-00:06	12:52	12:50	06:25	00:00	06:24	-00:00	19:56	19:52.7	06:25	-00:03	00:06	🏆	🏆
9	Evan Miedema	06:25	06:17	-00:12	12:51	12:57	06:29	-00:01	06:30	00:01	19:55	20:05.9	06:29	00:11	00:13		
11	Jacob Kuipers	06:18	06:21	00:09	12:36	12:30	06:15	-00:25	07:25	00:45	19:32	20:40.0	06:40	01:08	01:10		
13	Alden Lucas	06:35	06:34	-00:12	13:09	13:35	06:47	00:01	06:45	-00:02	20:24	21:00.1	06:46	00:37	00:13		
15	Dylan Duimstra	06:37	06:35	-00:13	13:13	13:35	06:47	-00:00	06:48	00:00	20:30	21:03.6	06:48	00:34	00:13		
16	Micah Cammenga	06:51	06:48	-00:02	13:42	13:53	06:56	00:06	06:39	-00:11	21:14	21:11.8	06:50	-00:02	00:18	🏆	🏆
18	Philip Kooyer	06:45	06:47	00:09	13:31	13:53	06:56	00:01	06:54	-00:01	20:57	21:28.7	06:56	00:32	00:09		
19	Adam Shoemaker	06:48	06:47	-00:12	13:35	13:58	06:59	00:00	06:58	-00:01	21:04	21:37.5	06:59	00:33	00:12		
20	Andrew Burnside	06:56	06:49	-00:10	13:51	13:58	06:59	-00:00	07:00	00:01	21:28	21:40.1	06:59	00:12	00:11		
23	Brandon Weber	06:41	06:46	00:16	13:23	13:53	06:56	-00:05	07:11	00:09	20:44	21:47.2	07:02	01:03	00:25		
27	Jaydan Alvarez	07:10	07:11	00:03	14:21	14:33	07:17	00:08	06:53	-00:15	22:15	22:07.1	07:08	-00:07	00:24	🏆	🏆
28	Peter Keegstra	07:19	07:11	-00:05	14:38	14:35	07:17	00:01	07:14	-00:02	22:41	22:32.7	07:16	-00:09	00:06	🏆	🏆
37	Evan Schrier	07:59	07:50	-00:13	15:59	16:18	08:09	00:06	07:53	-00:10	24:46	24:58.0	08:03	00:12	00:19		
38	Cole Schmidt	07:29	07:50	00:14	14:58	16:18	08:09	00:05	07:54	-00:09	23:12	24:59.8	08:04	01:47	00:19		
50	Ethan Miller	05:47			11:34						17:56						
51	Logan Nederveld	06:43			13:25						20:49						
57	Lucas Buys	06:55			13:50						21:26						
52	Corbin Meeuwssen	07:40			15:21						23:47						

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	Gold	16:59.9
1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	Silver	18:59.9
Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	Bronze	20:59.9
Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.	▲	Below Average PPM
Mile2_PPM	Mile 2 PPM	PR	Personal Record	■	On Target
2vsAvg	+/- compared to average PPM for mile 2	A<E	Actual less than Estimated	▼	Above Average PPM
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
Alex Ten Haken	17:30.6	16:59.5	17:13.6	17:53.9	17:07.1							16:59.5	16:59.5	17:20.9	-0:00:54.4	🏆
Caleb DenHartigh	17:40.9	17:24.4	17:21.8	18:06.2	17:14.3							16:55.8	17:14.3	17:33.5	-0:00:51.9	
Grady Bremer	18:09.0	18:13.0	18:19.9	19:29.3	18:33.1							17:38.8	18:09.0	18:32.9	-0:01:20.3	
Ben Muckey	20:04.4	19:20.0	19:08.0	19:48.2	18:44.6							18:44.6	18:44.6	19:25.1	-0:01:19.8	🏆
Caden Leatherman	18:47.8	18:50.8		20:15.0	18:58.2							17:59.0	18:47.8	19:13.0	-0:01:27.2	
Ben Brower	19:42.6	18:44.3	19:08.3	20:08.1	19:30.0							18:26.5	18:44.3	19:26.7	-0:01:23.8	
Johnny Gruppen	20:17.1	19:56.2	20:28.6	22:04.8	19:52.7							19:52.7	19:52.7	20:31.9	-0:02:12.1	🏆
Evan Miedema	20:25.7	19:54.6	20:34.5	21:19.5	20:05.9							18:20.1	19:54.6	20:28.0	-0:01:24.9	
Jacob Kuipers	19:31.9	19:40.6	20:40.7	20:50.7	20:40.0							19:31.9	19:31.9	20:16.8	-0:01:18.8	🏆
Alden Lucas	20:52.1	20:24.0	20:23.5	21:24.4	21:00.1							19:47.2	20:23.5	20:48.8	-0:01:00.9	
Dylan Duimstra	20:53.7	20:32.3	20:29.5	21:59.5	21:03.6							19:48.0	20:29.5	20:59.7	-0:01:30.0	
Micah Cammenga	21:45.2	21:20.0	21:13.5	21:54.0	21:11.8							21:11.8	21:11.8	21:28.9	-0:00:42.2	🏆
Philip Kooyer	23:01.2	20:57.0	21:09.3	22:07.1	21:28.7							20:57.0	20:57.0	21:44.7	-0:02:04.2	🏆
Adam Shoemaker	22:20.3	21:04.0	21:12.6	22:13.3	21:37.5							21:04.0	21:04.0	21:41.5	-0:01:16.3	🏆
Andrew Burnside	22:32.7	21:31.6	21:28.2	22:31.4	21:40.1							21:28.2	21:28.2	21:56.8	-0:01:04.5	🏆
Brandon Weber	20:50.1	20:44.3	21:12.1	22:34.9	21:47.2							20:06.5	20:44.3	21:25.7	-0:01:50.6	
Jaydan Alvarez	22:46.1	22:14.5	22:22.1	25:04.4	22:07.1							22:07.1	22:07.1	22:54.8	-0:02:57.3	🏆
Peter Keegstra	22:41.2	22:59.7	23:10.1	23:42.6	22:32.7							22:32.7	22:32.7	23:01.3	-0:01:09.9	🏆
Evan Schrier	25:02.7	24:46.2	25:36.8	27:18.2	24:58.0							21:44.7	24:46.2	25:32.4	-0:02:32.0	
Cole Schmidt	24:52.3	23:42.0	23:12.4	27:01.0	24:59.8							22:36.1	23:12.4	24:45.5	-0:03:48.6	
Corbin Meeuwssen	24:54.6	23:47.3		27:29.0								23:47.3	23:47.3	25:23.6	-0:03:41.7	🏆
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	
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	
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	🏆
Lucas Buys	22:12.6	21:25.8										21:25.8	21:25.8	21:49.2	-0:00:46.8	🏆

Varsity

JV

Top 5 (Goal 1:26:01)	1:28:34	1:27:46	1:28:13	1:32:10	1:30:37								1:26:59	1:29:02	Avg: -0:01:38	
Top 7 (Goal 2:01:08)	2:06:53	2:05:21	2:06:29	2:12:06	2:10:00								2:04:28	2:07:40		
Spread (1:00)	0:02:15	0:02:02	0:02:28	0:02:30	0:02:46								0:02:04	0:02:19		
Top 5	1:41:18	1:39:15	1:42:37	1:45:44	1:44:01								1:38:31	1:41:32		
Top 7 (Goal 2:11:33)	2:23:01	2:20:32	2:24:56	2:29:48	2:27:08								2:19:44	2:23:58		
Spread	0:01:09	0:01:24	0:00:47	0:01:50	0:01:32								0:01:57	0:01:59		

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