



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	0:19:29	0:19:04	0:18:36						18:35.5	18:35.5	18:59.8	-0:00:54	⬆️
Sierra Grooters	21:02.2	0:19:58	0:20:30	0:21:16	0:20:16	0:19:38						19:37.9	19:37.9	20:26.8	-0:01:38	⬆️
Maddie Bruxvoort	21:07.6	0:20:41		0:21:38	0:21:12	0:20:14						19:55.5	20:13.5	20:58.4	-0:01:25	
Noelle Wielhouwer	22:08.3	0:21:22	0:22:12	0:23:36	0:21:55	0:20:24						20:24.1	20:24.1	21:56.2	-0:03:12	⬆️
Maya VanSolkema	21:20.1	0:21:16	0:21:39	0:21:45	0:21:04	0:20:44						20:44.1	20:44.1	21:18.0	-0:01:01	⬆️
Carly Bruxvoort	21:20.9	0:20:44	0:21:28	0:22:22	0:21:42	0:20:47						19:52.1	20:43.9	21:23.9	-0:01:38	
Riley DenHartigh	21:21.3	0:21:07			0:21:55	0:21:09						20:12.0	21:06.5	21:22.8	-0:00:48	
Katelynn Boyd	22:15.3	0:21:42	0:22:14	0:22:48	0:21:44	0:21:10						21:09.9	21:09.9	21:58.7	-0:01:38	⬆️
Lauryn Byker	22:36.1	0:21:57	0:22:31	0:22:28	0:22:03	0:21:29						21:28.7	21:28.7	22:10.7	-0:01:07	⬆️
Ana Beimers	22:05.0	0:21:59	0:22:05	0:22:59	0:22:44	0:21:57						20:50.2	21:57.2	22:18.3	-0:01:01	
Alivia VanderZwaag	23:39.4	0:23:08	0:23:40	0:24:37	0:23:46	0:22:23						22:22.9	22:22.9	23:32.1	-0:02:14	⬆️
Ashley Binder	23:47.7	0:23:22	0:22:52	0:25:16	0:23:42	0:22:37						22:36.5	22:36.5	23:36.0	-0:02:39	⬆️
Noelle Nienhuis	24:01.2	0:23:48	0:23:29	0:24:45	0:23:45	0:22:47						20:28.3	22:46.6	23:45.7	-0:01:58	
Taryn Landers	23:40.8	0:23:22	0:24:18	0:25:41	0:23:49	0:23:01						21:09.3	23:00.5	23:58.7	-0:02:41	
Alaina Gruppen	22:37.3	0:22:24	0:22:24	0:23:38	0:22:58	0:23:19						20:54.3	22:23.6	22:53.1	-0:01:14	
Lydia VanderMolen	23:57.7	0:23:41	0:24:37	0:27:15	0:25:21	0:23:44						22:19.5	23:41.2	24:46.1	-0:03:34	
Kasey Haartman	25:45.7	0:24:05	0:24:54	0:25:39	0:24:36	0:23:44						23:16.4	23:44.3	24:47.2	-0:02:01	
Carolyn Buller	27:15.1	0:24:57	0:25:00	0:26:23	0:24:18	0:23:54						23:53.6	23:53.6	25:17.5	-0:03:22	⬆️
Rylee VandenBerg	25:35.0	0:24:33	0:25:51	0:26:57	0:26:01	0:24:08						24:08.0	24:08.0	25:30.8	-0:02:49	⬆️
Olivia Vredevoogd	26:57.2	0:25:02	0:25:40	0:27:24	0:25:54	0:24:27						24:26.9	24:26.9	25:53.9	-0:02:57	⬆️
Aeris Ensing	27:35.5	0:25:39	0:27:23	0:29:00	0:27:34	0:24:59						24:58.5	24:58.5	27:01.7	-0:04:01	⬆️
Charlotte Bremer	26:33.8	0:26:04		0:29:50	0:27:29	0:25:37						25:36.9	25:36.9	27:06.8	-0:04:13	⬆️
Kylie Leatherman	28:54.6	0:28:07			0:28:29	0:26:07						25:39.7	26:06.6	27:54.5	-0:02:48	
Rylie Lawrence	28:45.0	0:26:25	0:27:16			0:27:00						26:24.6	26:24.6	27:21.4	-0:02:20	⬆️
Hanna DeVries	33:47.4	0:28:51	0:29:51	0:31:34	0:28:22	0:27:45						27:45.3	27:45.3	30:01.7	-0:06:02	⬆️
Alaina Miedema		0:29:38	0:30:01	0:31:34	0:29:09	0:28:19						27:06.6	28:19.1	29:44.0	-0:03:14	
Addison Mokma	33:18.5	0:31:54	0:31:54	0:37:18		0:32:35						31:53.5	31:53.5	33:24.0	-0:05:25	⬆️
Avery Dekker	25:59.7			0:26:09	0:25:01							23:15.4	25:00.5	25:43.1	-0:01:09	
Kenna Caryl	23:09.4											21:16.6	23:09.4	23:09.4		
Leah Ernst	33:05.5	0:31:16										31:16.4	31:16.4	32:11.0	-0:01:49	⬆️
Natalie Kooyer	27:49.7		0:27:34	0:29:10	0:27:26							21:08.7	27:26.3	28:00.1	-0:01:44	
Sadie Schout	21:09.0	0:20:33	0:20:39	0:21:25	0:20:48							19:34.6	20:33.1	20:54.8	-0:00:52	
Sophia Miller				0:25:46	0:25:19							24:30.8	25:18.5	25:32.5	-0:00:28	

Varsity

<b>Top 5 (Goal 1:40:29)</b>	<b>1:43:47</b>	<b>1:40:46</b>	<b>1:43:08</b>	<b>1:45:34</b>	<b>1:42:23</b>	<b>1:39:35</b>						<b>1:39:24</b>	<b>1:42:38</b>		Avg: -0:02:14
<b>Top 7 (Goal 2:29:28)</b>	<b>2:26:29</b>	<b>2:23:09</b>	<b>2:27:26</b>	<b>2:30:24</b>	<b>2:25:49</b>	<b>2:21:31</b>						<b>2:20:52</b>	<b>2:25:24</b>		
<b>Spread (1:50)</b>	<b>0:02:14</b>	<b>0:02:25</b>	<b>0:03:20</b>	<b>0:02:58</b>	<b>0:02:40</b>	<b>0:02:33</b>						<b>0:02:09</b>	<b>0:02:24</b>		

JV

<b>Top 5</b>	<b>1:51:42</b>	<b>1:49:24</b>	<b>1:53:30</b>	<b>1:57:37</b>	<b>1:51:35</b>	<b>1:49:35</b>						<b>1:48:05</b>	<b>1:51:17</b>		
<b>Top 7 (Goal 2:43:16)</b>	<b>2:38:31</b>	<b>2:35:54</b>	<b>2:41:28</b>	<b>2:47:37</b>	<b>2:39:02</b>	<b>2:35:22</b>						<b>2:33:05</b>	<b>2:37:59</b>		
<b>Spread</b>	<b>0:01:34</b>	<b>0:02:00</b>	<b>0:02:04</b>	<b>0:02:28</b>	<b>0:01:50</b>	<b>0:01:51</b>						<b>0:01:30</b>	<b>0:01:36</b>		

Gold = top 7 in race  
Green = Season Record

Race1	Under The Lights	Team 5	Team 7
Race2	Christian School Invite	Gold	19:59.9 01:36:59.9 02:15:59.0
Race3	Ottawa Hills Invite	Silver	21:59.9 01:39:59.9 02:21:59.9
Race4	Conference Jamboree #1	Bronze	23:59.9 01:42:59.9 02:25:59.9
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