

Girls Varsity
Conference Jamboree #2

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
10	Marie Gates	06:00	05:37	▼ -00:35	12:00	11:50	05:55	▼ -00:17	06:43	▲ 00:31	18:36	19:13.6	06:12	00:38	01:06		
13	Sierra Grooters	06:20	06:00	▼ -00:26	12:40	12:35	06:18	▼ -00:08	06:41	▲ 00:15	19:38	19:56.3	06:26	00:18	00:41		
16	Maddie Bruxvoort	06:31	06:14	▼ -00:19	13:03	12:55	06:28	▼ -00:06	06:44	▲ 00:11	20:14	20:19.8	06:33	00:06	00:30		
17	Carly Bruxvoort	06:41	06:18	▼ -00:17	13:23	13:05	06:33	▼ -00:03	06:40	▲ 00:05	20:44	20:24.9	06:35	-00:19	00:22		🏅
18	Sadie Schout	06:38	06:01	▼ -00:35	13:16	12:52	06:26	▼ -00:10	06:54	▲ 00:18	20:33	20:27.8	06:36	-00:05	00:53		🏅
21	Maya VanSolkema	06:41	06:27	▼ -00:23	13:23	13:20	06:40	▼ -00:10	07:08	▲ 00:18	20:44	21:10.9	06:50	00:27	00:41		
24	Noelle Wielhouwer	06:35	06:25	▼ -00:30	13:10	13:30	06:45	▼ -00:10	07:13	▲ 00:18	20:24	21:25.9	06:55	01:02	00:48		
25	Riley DenHartigh	06:49	06:24	▼ -00:31	13:37	13:33	06:46	▼ -00:08	07:10	▲ 00:15	21:07	21:26.3	06:55	00:20	00:46		
26	Katelynn Boyd	06:50	06:41	▼ -00:15	13:39	13:42	06:51	▼ -00:05	07:05	▲ 00:09	21:10	21:29.3	06:56	00:19	00:24		
28	Lauryn Byker	06:56	06:41	▼ -00:24	13:51	13:58	06:59	▼ -00:06	07:16	▲ 00:11	21:29	21:57.1	07:05	00:28	00:35		

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
29	Ana Beimers	07:05	06:45	▼ -00:20	14:10	13:57	06:59	▼ -00:07	07:18	▲ 00:12	21:57	21:58.5	07:05	00:01	00:33		
30	Noelle Nienhuis	07:21	07:02	▼ -00:23	14:42	14:37	07:18	▼ -00:06	07:36	▲ 00:11	22:47	22:58.1	07:25	00:11	00:34		
31	Taryn Landers	07:25	07:02	▼ -00:24	14:51	14:37	07:18	▼ -00:07	07:39	▲ 00:13	23:01	23:01.4	07:26	00:01	00:37		
32	Alivia VanderZwaag	07:13	07:07	▼ -00:21	14:26	14:53	07:27	▼ -00:01	07:30	▲ 00:02	22:23	23:07.7	07:28	00:45	00:23		
33	Ashley Binder	07:18	07:00	▼ -00:30	14:35	14:54	07:27	▼ -00:03	07:35	▲ 00:05	22:37	23:14.5	07:30	00:38	00:35		
34	Lydia VanderMolen	07:38	07:18	▼ -00:25	15:17	15:24	07:42	▼ -00:01	07:45	▲ 00:02	23:41	23:56.0	07:43	00:15	00:27		
35	Kasey Haartman	07:39	07:33	▼ -00:15	15:19	15:28	07:44	▼ -00:04	07:56	▲ 00:08	23:44	24:11.2	07:48	00:27	00:23		
36	Avery Dekker	08:04	07:23	▼ -00:26	16:08	15:32	07:46	▼ -00:03	07:54	▲ 00:05	25:01	24:13.2	07:49	-00:47	00:31		🏅
37	Rylee VandenBerg	07:47	07:33	▼ -00:16	15:34	15:27	07:44	▼ -00:06	07:59	▲ 00:10	24:08	24:14.4	07:49	00:06	00:26		
39	Carolyn Buller	07:42	07:27	▼ -00:27	15:25	15:38	07:49	▼ -00:05	08:02	▲ 00:08	23:54	24:27.9	07:54	00:34	00:35		
40	Olivia Vredevoogd	07:53	07:27	▼ -00:27	15:46	15:38	07:49	▼ -00:05	08:03	▲ 00:09	24:27	24:28.8	07:54	00:02	00:36		
42	Sophia Miller	08:10	07:24	▼ -00:33	16:20	15:43	07:51	▼ -00:05	08:06	▲ 00:10	25:19	24:37.9	07:57	-00:41	00:42		🏅
45	Aeris Ensing	08:03	08:06	▼ -00:18	16:07	16:45	08:22	▼ -00:01	08:26	▲ 00:02	24:59	26:01.8	08:24	01:03	00:20		
46	Kylie Leatherman	08:25	08:13	▼ -00:21	16:51	17:11	08:35	▼ 00:01	08:32	▲ -00:02	26:07	26:34.7	08:34	00:28	00:22		
47	Rylie Lawrence	08:31	08:00	▼ -00:48	17:02	17:09	08:34	▼ -00:14	09:13	▲ 00:25	26:25	27:17.1	08:48	00:53	01:13		
48	Natalie Kooyer	08:51	08:15	▼ -00:34	17:42	17:20	08:40	▼ -00:09	09:07	▲ 00:17	27:26	27:21.4	08:49	-00:05	00:52		🏅
49	Hanna DeVries	08:57	08:38	▼ -00:25	17:54	18:05	09:02	▼ -00:00	09:03	▲ 00:01	27:45	28:02.8	09:03	00:17	00:25		
50	Alaina Miedema	09:08	08:38	▼ -00:30	18:16	18:05	09:02	▼ -00:06	09:19	▲ 00:10	28:19	28:19.4	09:08	00:00	00:41		
51	Addison Mokma	10:17	10:25	▼ -00:42	20:35	22:21	11:10	▼ 00:04	10:59	▼ -00:07	31:54	34:26.4	11:07	02:33	00:45		
57	Alaina Gruppen	07:13			14:27						22:24						
54	Kenna Caryl	07:28			14:56						23:09						
52	Charlotte Bremer	08:16			16:32						25:37						
55	Leah Ernst	10:05			20:11						31:16						

Legend:	Mile1_Est	Estimated time to pass Mile 1	Est_Finish	Estimated Finish			
	Mile1_Act	Actual Time to pass mile 1 checkpoint	Actual	Actual Finish		Sub	
	1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	Gold	19:59.9	▲ Below Average PPM
	Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	Silver	21:59.9	■ On Target
	Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.	Bronze	23:59.9	▼ Above Average PPM
	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
Marie Gates	19:07.7	0:18:50	0:18:52	0:19:29	0:19:04	0:18:36	0:19:14					18:35.5	18:35.5	19:01.8	-0:00:54	⬆️
Sierra Grooters	21:02.2	0:19:58	0:20:30	0:21:16	0:20:16	0:19:38	0:19:56					19:37.9	19:37.9	20:22.4	-0:01:38	⬆️
Maddie Bruxvoort	21:07.6	0:20:41		0:21:38	0:21:12	0:20:14	0:20:20					19:55.5	20:13.5	20:51.9	-0:01:25	
Carly Bruxvoort	21:20.9	0:20:44	0:21:28	0:22:22	0:21:42	0:20:47	0:20:25					19:52.1	20:24.9	21:15.5	-0:01:57	
Sadie Schout	21:09.0	0:20:33	0:20:39	0:21:25	0:20:48		0:20:28					19:34.6	20:27.8	20:50.3	-0:00:57	
Maya VanSolkema	21:20.1	0:21:16	0:21:39	0:21:45	0:21:04	0:20:44	0:21:11					20:44.1	20:44.1	21:17.0	-0:01:01	⬆️
Noelle Wielhouwer	22:08.3	0:21:22	0:22:12	0:23:36	0:21:55	0:20:24	0:21:26					20:24.1	20:24.1	21:51.9	-0:03:12	⬆️
Riley DenHartigh	21:21.3	0:21:07			0:21:55	0:21:09	0:21:26					20:12.0	21:06.5	21:23.5	-0:00:48	
Katelynn Boyd	22:15.3	0:21:42	0:22:14	0:22:48	0:21:44	0:21:10	0:21:29					21:09.9	21:09.9	21:54.5	-0:01:38	⬆️
Laurny Byker	22:36.1	0:21:57	0:22:31	0:22:28	0:22:03	0:21:29	0:21:57					21:28.7	21:28.7	22:08.8	-0:01:07	⬆️
Ana Beimers	22:05.0	0:21:59	0:22:05	0:22:59	0:22:44	0:21:57	0:21:59					20:50.2	21:57.2	22:15.5	-0:01:01	
Noelle Nienhuis	24:01.2	0:23:48	0:23:29	0:24:45	0:23:45	0:22:47	0:22:58					20:28.3	22:46.6	23:38.9	-0:01:58	
Taryn Landers	23:40.8	0:23:22	0:24:18	0:25:41	0:23:49	0:23:01	0:23:01					21:09.3	23:00.5	23:50.5	-0:02:41	
Alivia VanderZwaag	23:39.4	0:23:08	0:23:40	0:24:37	0:23:46	0:22:23	0:23:08					22:22.9	22:22.9	23:28.6	-0:02:14	⬆️
Ashley Binder	23:47.7	0:23:22	0:22:52	0:25:16	0:23:42	0:22:37	0:23:15					22:36.5	22:36.5	23:32.9	-0:02:39	⬆️
Lydia VanderMolen	23:57.7	0:23:41	0:24:37	0:27:15	0:25:21	0:23:44	0:23:56					22:19.5	23:41.2	24:38.9	-0:03:34	
Kasey Haartman	25:45.7	0:24:05	0:24:54	0:25:39	0:24:36	0:23:44	0:24:11					23:16.4	23:44.3	24:42.1	-0:02:01	
Avery Dekker	25:59.7			0:26:09	0:25:01		0:24:13					23:15.4	24:13.2	25:20.7	-0:01:56	
Rylee VandenBerg	25:35.0	0:24:33	0:25:51	0:26:57	0:26:01	0:24:08	0:24:14					24:08.0	24:08.0	25:19.9	-0:02:49	⬆️
Carolyn Buller	27:15.1	0:24:57	0:25:00	0:26:23	0:24:18	0:23:54	0:24:28					23:53.6	23:53.6	25:10.5	-0:03:22	⬆️
Olivia Vredevoogd	26:57.2	0:25:02	0:25:40	0:27:24	0:25:54	0:24:27	0:24:29					24:26.9	24:26.9	25:41.8	-0:02:57	⬆️
Sophia Miller				0:25:46	0:25:19		0:24:38					24:30.8	24:37.9	25:14.3	-0:01:09	
Aeris Ensing	27:35.5	0:25:39	0:27:23	0:29:00	0:27:34	0:24:59	0:26:02					24:58.5	24:58.5	26:53.1	-0:04:01	⬆️
Kylie Leatherman	28:54.6	0:28:07			0:28:29	0:26:07	0:26:35					25:39.7	26:06.6	27:38.6	-0:02:48	
Rylie Lawrence	28:45.0	0:26:25	0:27:16			0:27:00	0:27:17					26:24.6	26:24.6	27:20.5	-0:02:20	⬆️
Natalie Kooyer	27:49.7		0:27:34	0:29:10	0:27:26		0:27:21					21:08.7	27:21.4	27:52.4	-0:01:49	
Hanna DeVries	33:47.4	0:28:51	0:29:51	0:31:34	0:28:22	0:27:45	0:28:03					27:45.3	27:45.3	29:44.7	-0:06:02	⬆️
Alaina Miedema		0:29:38	0:30:01	0:31:34	0:29:09	0:28:19	0:28:19					27:06.6	28:19.1	29:29.9	-0:03:14	
Addison Mokma	33:18.5	0:31:54	0:31:54	0:37:18		0:32:35	0:34:26					31:53.5	31:53.5	33:34.4	-0:05:25	⬆️
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	
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	⬆️
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	⬆️

Varsity

Top 5 (Goal 1:40:29)	1:43:47	1:40:46	1:43:08	1:45:34	1:42:23	1:39:35	1:40:22					1:39:16	1:42:22		Avg: -0:02:18
Top 7 (Goal 2:29:28)	2:26:29	2:23:09	2:27:26	2:30:24	2:25:49	2:21:31	2:22:59					2:20:28	2:25:02		
Spread (1:50)	0:02:14	0:02:25	0:03:20	0:02:58	0:02:40	0:02:33	0:02:12					0:02:09	0:02:22		

JV

Top 5	1:51:42	1:49:24	1:53:30	1:57:37	1:51:35	1:49:35	1:49:49					1:48:05	1:51:04		
Top 7 (Goal 2:43:16)	2:38:31	2:35:54	2:41:28	2:47:37	2:39:02	2:35:22	2:35:58					2:33:05	2:37:42		
Spread	0:01:34	0:02:00	0:02:04	0:02:28	0:01:50	0:01:51	0:01:41					0:01:30	0:01:37		

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