

Girls Varsity  
Conference Jamboree #3

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	Marie Gates	06:00	<b>05:42</b> ▼	-00:17	12:00	<b>11:42</b>		05:51 ▼	-00:08	06:14 ▲	00:15	18:36 ●	<b>18:33.3</b>	05:59	-00:02	00:32	🏆
11	Sierra Grooters	06:20	<b>06:00</b> ▼	-00:12	12:40	<b>12:21</b>		06:11 ▬	-00:01	06:14 ▬	00:02	19:38 ●	<b>19:12.1</b>	06:12	-00:26	00:14	🏆
16	Sadie Schout	06:36	<b>06:09</b> ▼	-00:21	13:12	<b>12:48</b>		06:24 ▼	-00:06	06:40 ▲	00:10	20:28 ●	<b>20:07.9</b>	06:30	-00:20	00:31	🏆
19	Maddie Bruxvoort	06:31	<b>06:12</b> ▼	-00:22	13:03	<b>12:57</b>		06:29 ▼	-00:05	06:43 ▲	00:09	20:14 ●	<b>20:19.9</b>	06:34	00:06	00:31	
21	Maya VanSolkema	06:41	<b>06:22</b> ▼	-00:15	13:23	<b>13:07</b>		06:34 ▬	-00:03	06:43 ▲	00:06	20:44 ●	<b>20:30.5</b>	06:37	-00:14	00:21	🏆
22	Carly Bruxvoort	06:35	<b>06:22</b> ▼	-00:15	13:10	<b>13:08</b>		06:34 ▬	-00:03	06:43 ▲	00:06	20:25 ●	<b>20:31.8</b>	06:37	00:07	00:21	
24	Katelynn Boyd	06:50	<b>06:34</b> ▬	-00:05	13:39	<b>13:16</b>		06:38 ▬	-00:01	06:40 ▬	00:01	21:10 ●	<b>20:35.7</b>	06:39	-00:34	00:06	🏆
25	Noelle Wielhouwer	06:35	<b>06:34</b> ▼	-00:06	13:10	<b>13:24</b>		06:42 ▬	00:02	06:37 ▬	-00:04	20:24 ●	<b>20:40.2</b>	06:40	00:16	00:08	
27	Lauryn Byker	06:56	<b>06:42</b> ▬	-00:04	13:51	<b>13:35</b>		06:47 ▬	00:02	06:43 ▬	-00:03	21:29 ●	<b>20:58.5</b>	06:46	-00:30	00:05	🏆
58	Riley DenHartigh	06:49			13:37							21:07					

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
30	Ana Beimers	07:05	<b>06:25</b> ▼	-00:23	14:10	<b>13:20</b>		06:40 ▼	-00:08	07:02 ▲	00:14	21:57 ●	<b>21:04.3</b>	06:48	-00:53	00:37	🏆
31	Alaina Gruppen	07:13	<b>06:35</b> ▼	-00:14	14:27	<b>13:25</b>		06:43 ▼	-00:07	07:02 ▲	00:12	22:24 ●	<b>21:09.0</b>	06:49	-01:15	00:27	🏆
32	Taryn Landers	07:25	<b>06:49</b> ▼	-00:10	14:51	<b>13:56</b>		06:58 ▬	-00:01	07:00 ▬	00:01	23:01 ●	<b>21:38.2</b>	06:59	-01:22	00:11	🏆
33	Noelle Nienhuis	07:21	<b>06:50</b> ▼	-00:20	14:42	<b>14:02</b>		07:01 ▼	-00:09	07:28 ▲	00:17	22:47 ●	<b>22:14.4</b>	07:10	-00:32	00:38	🏆
34	Ashley Binder	07:18	<b>07:06</b> ▼	-00:10	14:35	<b>13:48</b>		06:54 ▼	-00:22	07:57 ▲	00:41	22:37 ●	<b>22:32.5</b>	07:16	-00:04	01:03	🏆
35	Alivia VanderZwaag	07:13	<b>07:05</b> ▼	-00:12	14:26	<b>13:48</b>		06:54 ▼	-00:23	07:59 ▲	00:42	22:23 ●	<b>22:34.9</b>	07:24	00:12	01:05	
37	Carolyn Buller	07:42	<b>07:12</b> ▼	-00:12	15:25	<b>13:39</b>		06:50 ▼	-00:35	08:27 ▲	01:03	23:54 ●	<b>22:57.0</b>	07:24	-00:57	01:38	🏆
38	Kasey Haartman	07:39	<b>07:18</b> ▼	-00:07	15:19	<b>14:52</b>		07:26 ▬	00:01	07:22 ▬	-00:03	23:44 ●	<b>22:58.1</b>	07:25	-00:46	00:08	🏆
40	Rylee VandenBerg	07:47	<b>07:18</b> ▼	-00:16	15:34	<b>14:52</b>		07:26 ▼	-00:08	07:49 ▲	00:15	24:08 ●	<b>23:28.1</b>	07:34	-00:40	00:31	🏆
41	Avery Dekker	07:49	<b>07:17</b> ▼	-00:20	15:38	<b>14:32</b>		07:16 ▼	-00:21	08:14 ▲	00:38	24:13 ●	<b>23:35.9</b>	07:37	-00:37	00:58	🏆
42	Lydia VanderMolen	07:38	<b>07:15</b> ▼	-00:22	15:17	<b>15:00</b>		07:30 ▼	-00:07	07:50 ▲	00:13	23:41 ●	<b>23:36.5</b>	07:37	-00:05	00:35	🏆
43	Sophia Miller	07:57	<b>07:31</b> ▼	-00:06	15:53	<b>15:13</b>		07:37 ▬	-00:01	07:38 ▬	00:01	24:38 ●	<b>23:36.9</b>	07:37	-01:01	00:07	🏆
44	Olivia Vredevoogd	07:53	<b>07:20</b> ▼	-00:18	15:46	<b>15:20</b>		07:40 ▬	00:02	07:33 ▬	-00:04	24:27 ●	<b>23:38.4</b>	07:38	-00:48	00:20	🏆
45	Kenna Caryl	07:28	<b>07:20</b> ▼	-00:21	14:56	<b>14:54</b>		07:27 ▼	-00:14	08:08 ▲	00:26	23:09 ●	<b>23:50.5</b>	07:41	00:41	00:48	
47	Aeris Ensing	08:03	<b>07:39</b> ▼	-00:16	16:07	<b>15:48</b>		07:54 ▬	-00:01	07:58 ▬	00:03	24:59 ○	<b>24:33.7</b>	07:55	-00:25	00:19	🏆
48	Charlotte Bremer	08:16	<b>07:59</b> ▼	-00:05	16:32	<b>16:16</b>		08:08 ▬	00:04	07:58 ▼	-00:07	25:37 ○	<b>25:01.4</b>	08:04	-00:35	00:10	🏆
49	Kylie Leatherman	08:25	<b>08:00</b> ▼	-00:07	16:51	<b>16:16</b>		08:08 ▬	00:01	08:05 ▬	-00:02	26:07 ○	<b>25:09.0</b>	08:07	-00:58	00:08	🏆
51	Natalie Kooyer	08:49	<b>08:12</b> ▼	-00:08	17:37	<b>16:44</b>		08:22 ▬	00:02	08:18 ▬	-00:03	27:19 ○	<b>25:51.5</b>	08:20	-01:27	00:10	🏆
52	Rylie Lawrence	08:31	<b>08:01</b> ▼	-00:30	17:02	<b>16:40</b>		08:20 ▼	-00:11	08:52 ▲	00:20	26:25 ○	<b>26:24.9</b>	08:31	00:00	00:51	
53	Hanna DeVries	08:53	<b>08:31</b> ▼	-00:05	17:46	<b>17:25</b>		08:43 ▲	00:06	08:24 ▼	-00:12	27:32 ○	<b>26:39.7</b>	08:36	-00:52	00:18	🏆
54	Alaina Miedema	09:08	<b>08:30</b> ▼	-00:14	18:16	<b>17:26</b>		08:43 ▬	-00:01	08:45 ▬	00:01	28:19 ○	<b>27:03.2</b>	08:44	-01:16	00:15	🏆
55	Addison Mokma	10:17	<b>09:34</b> ▼	-00:35	20:35	<b>20:25</b>		10:12 ▬	00:04	10:02 ▼	-00:06	31:54 ○	<b>31:27.7</b>	10:09	-00:26	00:38	🏆
57	Leah Ernst	10:05			20:11							31:16					

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

Sub	
Gold	19:59.9
Silver	21:59.9
Bronze	23:59.9

▲	Below Average PPM
▬	On Target
▼	Above Average PPM

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		0:18:33			18:33.3	18:33.3	18:58.2	-0:00:56	🏆
Sierra Grooters	21:02.2	0:19:58	0:20:30	0:21:16	0:20:16	0:19:38	0:19:56	0:20:00	0:19:12			19:12.1	19:12.1	20:12.1	-0:02:04	🏆
Sadie Schout	21:09.0	0:20:33	0:20:39	0:21:25	0:20:48		0:20:28	0:20:58	0:20:08			19:34.6	20:07.9	20:45.9	-0:01:17	
Maddie Bruxvoort	21:07.6	0:20:41		0:21:38	0:21:12	0:20:14	0:20:20	0:20:23	0:20:20			19:55.5	20:13.5	20:44.3	-0:01:25	
Noelle Wielhouwer	22:08.3	0:21:22	0:22:12	0:23:36	0:21:55	0:20:24	0:21:26	0:21:36	0:20:40			20:24.1	20:24.1	21:42.2	-0:03:12	🏆
Carly Bruxvoort	21:20.9	0:20:44	0:21:28	0:22:22	0:21:42	0:20:47	0:20:25	0:21:24	0:20:32			19:52.1	20:24.9	21:11.5	-0:01:57	
Maya VanSolkema	21:20.1	0:21:16	0:21:39	0:21:45	0:21:04	0:20:44	0:21:11	0:21:34	0:20:31			20:30.5	20:30.5	21:13.7	-0:01:15	🏆
Katelynn Boyd	22:15.3	0:21:42	0:22:14	0:22:48	0:21:44	0:21:10	0:21:29	0:21:16	0:20:36			20:35.7	20:35.7	21:41.5	-0:02:12	🏆
Lauryn Byker	22:36.1	0:21:57	0:22:31	0:22:28	0:22:03	0:21:29	0:21:57	0:22:12	0:20:59			20:58.5	20:58.5	22:01.3	-0:01:38	🏆
Ana Beimers	22:05.0	0:21:59	0:22:05	0:22:59	0:22:44	0:21:57	0:21:59	0:22:03	0:21:04			20:50.2	21:04.3	22:06.2	-0:01:54	
Riley DenHartigh	21:21.3	0:21:07		0:21:55	0:21:09	0:21:26	0:21:32					20:12.0	21:06.5	21:24.9	-0:00:48	
Alaina Gruppen	22:37.3	0:22:24	0:22:24	0:23:38	0:22:58	0:23:19		0:22:25	0:21:09			20:54.3	21:09.0	22:36.6	-0:02:29	
Taryn Landers	23:40.8	0:23:22	0:24:18	0:25:41	0:23:49	0:23:01	0:23:01	0:23:12	0:21:38			21:09.3	21:38.2	23:31.5	-0:04:03	
Noelle Nienhuis	24:01.2	0:23:48	0:23:29	0:24:45	0:23:45	0:22:47	0:22:58	0:22:58	0:22:14			20:28.3	22:14.4	23:25.0	-0:02:30	
Alivia VanderZwaag	23:39.4	0:23:08	0:23:40	0:24:37	0:23:46	0:22:23	0:23:08	0:22:33	0:22:35			22:22.9	22:22.9	23:16.5	-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	0:23:41	0:22:33			22:32.5	22:32.5	23:27.2	-0:02:43	🏆
Carolyn Buller	27:15.1	0:24:57	0:25:00	0:26:23	0:24:18	0:23:54	0:24:28		0:22:57			22:57.0	22:57.0	24:53.8	-0:04:18	🏆
Kasey Haartman	25:45.7	0:24:05	0:24:54	0:25:39	0:24:36	0:23:44	0:24:11	0:24:00	0:22:58			22:58.1	22:58.1	24:25.8	-0:02:48	🏆
Kenna Caryl	23:09.4								0:23:51			21:16.6	23:09.4	23:30.0	-0:00:41	
Rylee VandenBerg	25:35.0	0:24:33	0:25:51	0:26:57	0:26:01	0:24:08	0:24:14	0:25:08	0:23:28			23:28.1	23:28.1	25:06.1	-0:03:29	🏆
Avery Dekker	25:59.7		0:26:09	0:25:01		0:24:13		0:23:36				23:15.4	23:35.9	24:59.7	-0:02:33	
Lydia VanderMolen	23:57.7	0:23:41	0:24:37	0:27:15	0:25:21	0:23:44	0:23:56		0:23:37			22:19.5	23:36.5	24:31.1	-0:03:38	
Sophia Miller			0:25:46	0:25:19		0:24:38		0:23:37				23:36.9	23:36.9	24:49.9	-0:02:09	🏆
Olivia Vredevoogd	26:57.2	0:25:02	0:25:40	0:27:24	0:25:54	0:24:27	0:24:29	0:26:01	0:23:38			23:38.4	23:38.4	25:30.2	-0:03:45	🏆
Aeris Ensing	27:35.5	0:25:39	0:27:23	0:29:00	0:27:34	0:24:59	0:26:02	0:26:22	0:24:34			24:33.7	24:33.7	26:34.2	-0:04:26	🏆
Charlotte Bremer	26:33.8	0:26:04		0:29:50	0:27:29	0:25:37		0:26:46	0:25:01			25:01.4	25:01.4	26:45.9	-0:04:49	🏆
Kylie Leatherman	28:54.6	0:28:07			0:28:29	0:26:07	0:26:35	0:27:08	0:25:09			25:09.0	25:09.0	27:12.8	-0:03:46	🏆
Natalie Kooyer	27:49.7		0:27:34	0:29:10	0:27:26		0:27:21	0:27:19	0:25:52			21:08.7	25:51.5	27:30.3	-0:03:19	
Rylie Lawrence	28:45.0	0:26:25	0:27:16			0:27:00	0:27:17		0:26:25			26:24.6	26:24.6	27:11.2	-0:02:20	🏆
Hanna DeVries	33:47.4	0:28:51	0:29:51	0:31:34	0:28:22	0:27:45	0:28:03	0:27:32	0:26:40			26:39.7	26:39.7	29:09.4	-0:07:08	🏆
Alaina Miedema		0:29:38	0:30:01	0:31:34	0:29:09	0:28:19	0:28:19	0:28:36	0:27:03			27:03.2	27:03.2	29:04.8	-0:04:30	🏆
Leah Ernst	33:05.5	0:31:16										31:16.4	31:16.4	32:11.0	-0:01:49	🏆
Addison Mokma	33:18.5	0:31:54	0:31:54	0:37:18		0:32:35	0:34:26	0:33:01	0:31:28			31:27.7	31:27.7	33:14.4	-0:05:51	🏆

Varsity  
JV

<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>1:40:22</b>	<b>1:44:01</b>	<b>1:38:44</b>			<b>1:38:31</b>	<b>1:41:52</b>	Avg: -0:02:51
<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>2:22:59</b>	<b>2:27:07</b>	<b>2:19:51</b>			<b>2:19:26</b>	<b>2:24:31</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>0:02:12</b>	<b>0:01:34</b>	<b>0:02:02</b>			<b>0:01:57</b>	<b>0:02:27</b>	
<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>1:49:49</b>	<b>1:50:48</b>	<b>1:45:30</b>			<b>1:44:54</b>	<b>1:50:08</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>2:35:58</b>	<b>2:36:58</b>	<b>2:30:17</b>			<b>2:28:47</b>	<b>2:36:49</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>0:01:41</b>	<b>0:01:36</b>	<b>0:01:52</b>			<b>0:01:39</b>	<b>0:01:43</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