

Girls Varsity
Under The Lights

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
4	Marie Gates	06:05			12:10						18:51	19:12.2	06:12	00:21			
16	Lauryn Byker	07:11			14:21						22:15	21:40.2	06:59	-00:35			🏃
17	Katelynn Boyd	07:12			14:24						22:19	21:43.0	07:00	-00:36			🏃
18	Carly Bruxvoort	07:40			15:20						23:46	21:43.9	07:01	-02:02			🏃
21	Ana Beimers	07:34			15:07						23:26	22:05.2	07:07	-01:21			🏃
22	Sadie Schout	07:34			15:08						23:28	22:06.5	07:08	-01:21			🏃
23	Noelle Wielhouwer	07:40			15:20						23:46	22:31.4	07:16	-01:14			🏃

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
20	Riley DenHartigh	07:53			15:45						24:25	22:04.4	07:07	-02:21			🏃
29	Carolyn Buller	08:16			16:32						25:38	24:22.0	07:52	-01:16			🏃
30	Olivia Vredevoogd	08:26			16:52						26:09	24:45.1	07:59	-01:24			🏃
31	Sophia Miller	08:23			16:47						26:01	24:59.4	08:04	-01:01			🏃
32	Ashley Binder	08:21			16:43						25:54	25:03.3	08:05	-00:51			🏃
33	Kylie Leatherman	08:39			17:19						26:50	25:06.7	08:06	-01:43		🏃	🏃
34	Grace Gruppen	09:09			18:18						28:22	25:15.7	08:09	-03:06		🏃	🏃
35	Lydia VanderMolen	08:49			17:39						27:21	25:20.6	08:11	-02:01			🏃
36	Kasey Haartman	08:19			16:37						25:46	25:30.9	08:14	-00:15			🏃
37	Kenna Caryl	08:05			16:11						25:05	26:11.4	08:27	01:07			
38	Chloe DenHartigh	09:10			18:19						28:24	26:43.2	08:37	-01:40		🏃	🏃
39	Emma Nienhuis	09:35			19:10						29:43	28:01.6	09:02	-01:41		🏃	🏃
40	Taya VanderZwaag	09:26			18:52						29:15	28:03.3	09:03	-01:11		🏃	🏃
41	Allie Gruppen	10:16			20:32						31:49	28:56.1	09:20	-02:53		🏃	🏃
42	Elena Schmuker	10:16			20:33						31:51	28:59.0	09:21	-02:52		🏃	🏃
43	Aeris Ensing	09:50			19:41						30:30	29:16.2	09:27	-01:14			🏃
44	Leah Ernst	10:19			20:38						31:59	29:30.2	09:31	-02:29		🏃	🏃
45	Hanna DeVries	10:02			20:04						31:06	30:26.0	09:49	-00:40			🏃
46	Alaina Miedema	10:02			20:03						31:05	30:42.9	09:54	-00:22			🏃
47	Addison Mokma	11:14			22:27						34:48	33:34.8	10:50	-01:14			🏃
48	Emma Kuipers	12:11			24:22						37:46	35:19.6	11:24	-02:26		🏃	🏃
49	Elisha Van Spronsen	08:13			16:26						25:28						

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	19:12.2											18:26.9	● 19:12.2	19:12.2		
Lauryn Byker	21:40.2											20:58.5	● 21:40.2	21:40.2		
Katelynn Boyd	21:43.0											20:20.1	● 21:43.0	21:43.0		
Carly Bruxvoort	21:43.9											19:52.1	● 21:43.9	21:43.9		
Riley DenHartigh	22:04.4											20:12.0	● 22:04.4	22:04.4		
Ana Beimers	22:05.2											20:50.2	● 22:05.2	22:05.2		
Sadie Schout	22:06.5											19:34.6	● 22:06.5	22:06.5		
Noelle Wielhouwer	22:31.4											20:24.1	● 22:31.4	22:31.4		
Carolyn Buller	24:22.0											22:57.0	○ 24:22.0	24:22.0		
Olivia Vredevoogd	24:45.1											23:38.4	○ 24:45.1	24:45.1		
Sophia Miller	24:59.4											23:36.9	○ 24:59.4	24:59.4		
Ashley Binder	25:03.3											22:32.5	○ 25:03.3	25:03.3		
Kylie Leatherman	25:06.7											25:06.7	○ 25:06.7	25:06.7		🏆
Grace Gruppen	25:15.7											25:15.7	○ 25:15.7	25:15.7		🏆
Lydia VanderMolen	25:20.6											22:19.5	○ 25:20.6	25:20.6		
Kasey Haartman	25:30.9											22:58.1	○ 25:30.9	25:30.9		
Kenna Caryl	26:11.4											21:16.6	○ 26:11.4	26:11.4		
Chloe DenHartigh	26:43.2											26:43.2	○ 26:43.2	26:43.2		🏆
Emma Nienhuis	28:01.6											28:01.6	○ 28:01.6	28:01.6		🏆
Taya VanderZwaag	28:03.3											28:03.3	○ 28:03.3	28:03.3		🏆
Allie Gruppen	28:56.1											28:56.1	○ 28:56.1	28:56.1		🏆
Elena Schmuker	28:59.0											28:59.0	○ 28:59.0	28:59.0		🏆
Aeris Ensing	29:16.2											24:33.7	○ 29:16.2	29:16.2		
Leah Ernst	29:30.2											29:30.2	○ 29:30.2	29:30.2		🏆
Hanna DeVries	30:26.0											26:39.7	○ 30:26.0	30:26.0		
Alaina Miedema	30:42.9											27:03.2	○ 30:42.9	30:42.9		
Addison Mokma	33:34.8											31:27.7	○ 33:34.8	33:34.8		
Emma Kuipers	35:19.6											35:19.6	○ 35:19.6	35:19.6		🏆

Top 5 (Goal 1:40:29)	1:46:24												1:24:19	1:46:24	Avg: 0:00:00	
Top 7 (Goal 2:29:28)	2:30:35												2:08:29	2:30:35		
Spread (1:50)	0:02:54												0:22:05	0:02:54		
Top 5	2:01:41												1:58:44	2:01:41		
Top 7 (Goal 2:43.16)	2:52:04												2:48:54	2:52:04		
Spread	0:02:44												0:03:00	0:02:44		

Varsity

JV

Gold = top 7 in race	Race1	Under The Lights			Team 5	Team 7	Improvement is
Green = Season Record	Race2	Christian School Invite	Gold	19:59.9	01:36:59.9	02:15:59.0	defined as
	Race3	Ottawa Hills Invite	Silver	21:59.9	01:39:59.9	02:21:59.9	difference
	Race4	Conference Jamboree #1	Bronze	23:59.9	01:42:59.9	02:25:59.9	between slowest
	Race5	Autumn Sunrise					and fastest races
	Race6	Otsego					
	Race7	Conference Jamboree #2					
	Race8	Portage					
	Race9	Conference Jamboree #3					
	Race10	Regionals					
	Race11	State					