

Boys Varsity
Christian School Invite

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	NewPR	By	A<E
1	Alex Ten Haken	05:34	05:23 ▼	-00:06	11:08	11:01 ▲	05:30	00:01.9	05:25.1	▲	00:03	17:15	● 16:58.6	05:29	-00:17	00:07		⌚
2	Reuben Riemersma	05:51	05:32 ▼	-00:09	11:41	11:13 ▲	05:36	-00:04.5	05:49.1	▲	00:08	18:07	● 17:37.0	05:41	-00:30	00:17	⌚	00:30.1
3	Ethan Dertien	05:56	05:38 ▼	-00:15	11:52	11:38 ▲	05:49	-00:03.8	05:59.6	▲	00:07	18:24	● 18:13.6	05:53	-00:11	00:22	⌚	00:10.6
4	Eli Schout	06:13	05:44 ▼	-00:11	12:26	11:45 ▲	05:52	-00:02.4	05:59.3	▲	00:04	19:16	● 18:20.2	05:55	-00:56	00:15	⌚	00:56.2
6	Ben Brower	06:32	06:03 ▼	-00:10	13:04	12:30 ▲	06:15	00:02.2	06:08.7	▲	-00:04	20:15	● 19:15.6	06:13	-00:59	00:12		⌚
8	Caden Leatherman	06:29	06:03 ▼	-00:13	12:59	12:32 ▲	06:16	-00:00.3	06:16.7	▲	00:00	20:07	● 19:26.4	06:16	-00:41	00:14		⌚
9	Andrew Burnside	06:36	06:07 ▼	-00:18	13:13	12:38 ▲	06:19	-00:06.0	06:36.0	▲	00:11	20:29	● 19:53.6	06:25	-00:35	00:29	⌚	00:35.5

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	NewPR	By	A<E
7	Alden Lucas	06:37	05:55 ▼	-00:21	13:13	12:27 ▲	06:13	-00:02	06:20	▲	00:04	20:29	● 19:24.9	06:16	-01:04	00:25	⌚	00:02.4
10	Johnny Gruppen	06:42	06:00 ▼	-00:25	13:24	12:41 ▲	06:20	-00:05	06:34	▲	00:09	20:46	● 19:54.2	06:25	-00:52	00:34		⌚
11	Logan Nederveld	07:07	06:21 ▼	-00:16	14:13	13:07 ▲	06:34	-00:03	06:43	▲	00:06	22:03	● 20:30.3	06:37	-01:32	00:22	⌚	00:18.2
12	Adam Shoemaker	06:41	06:15 ▼	-00:22	13:22	13:02 ▲	06:31	-00:06	06:48	▲	00:11	20:44	● 20:30.6	06:37	-00:13	00:33	⌚	00:01.3
13	Dylan Duimstra	06:37	06:16 ▼	-00:24	13:14	13:01 ▲	06:30	-00:10	06:59	▲	00:18	20:31	● 20:41.4	06:40	00:11	00:43		
14	Philip Kooyer	07:16	06:40 ▼	-00:03	14:33	13:21 ▲	06:40	-00:02	06:46	▲	00:04	22:33	● 20:47.8	06:43	-01:45	00:06		⌚
16	Nolan Schepers	06:56	06:20 ▼	-00:25	13:51	13:10 ▲	06:35	-00:10	07:03	▲	00:18	21:28	● 20:55.8	06:45	-00:32	00:43	⌚	00:32.3
22	Titus Gordon	06:54	06:21 ▼	-00:40	13:49	13:18 ▲	06:39	-00:22	07:40	▲	00:40	21:25	○ 21:44.5	07:01	00:20	01:19		
24	Peter Keegstra	06:42	06:30 ▼	-00:40	13:23	14:02 ▲	07:01	-00:09	07:28	▲	00:17	20:45	○ 22:14.5	07:10	01:30	00:58		
25	Lucas Buys	07:23	06:50 ▼	-00:24	14:45	14:21 ▲	07:11	-00:04	07:21	▲	00:07	22:52	○ 22:26.6	07:14	-00:26	00:31		⌚
26	Dylan Buys	07:33	07:05 ▼	-00:17	15:06	14:37 ▲	07:18	-00:03	07:27	▲	00:06	23:24	○ 22:49.2	07:22	-00:34	00:22	⌚	00:34.4
27	Jaydan Alvarez	07:50	07:10 ▼	-00:19	15:41	14:54 ▲	07:27	-00:02	07:33	▲	00:04	24:18	○ 23:12.3	07:29	-01:06	00:23		⌚
28	Cade DeVries	07:28	07:00 ▼	-00:31	14:57	14:54 ▲	07:27	-00:04	07:39	▲	00:08	23:10	○ 23:18.9	07:31	00:09	00:39		

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.	▼ 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
Alex Ten Haken	17:15.4	16:58.6										16:57.6	16:58.6	17:07.0	-0:00:16.8	
Reuben Riemersma	18:07.1	17:37.0										17:37.0	17:37.0	17:52.1	-0:00:30.1	👍
Ethan Dertien	18:24.2	18:13.6										18:13.6	18:13.6	18:18.9	-0:00:10.6	👍
Eli Schout	19:16.4	18:20.2										18:20.2	18:20.2	18:48.3	-0:00:56.2	👍
Ben Brower	20:15.0	19:15.6										18:26.5	19:15.6	19:45.3	-0:00:59.4	
Alden Lucas	20:29.3	19:24.9										19:24.9	19:24.9	19:57.1	-0:01:04.4	👍
Caden Leatherman	20:07.0	19:26.4										17:59.0	19:26.4	19:46.7	-0:00:40.6	
Andrew Burnside	20:29.1	19:53.6										19:53.6	19:53.6	20:11.4	-0:00:35.5	👍
Johnny Gruppen	20:46.2	19:54.2										19:13.6	19:54.2	20:20.2	-0:00:52.0	
Logan Nederveld	22:02.6	20:30.3										20:30.3	20:30.3	21:16.5	-0:01:32.3	👍
Dylan Duimstra	20:30.5	20:41.4										19:48.0	20:30.5	20:36.0	-0:00:10.9	
Adam Shoemaker	20:43.6	20:30.6										20:30.6	20:30.6	20:37.1	-0:00:13.0	👍
Peter Keegstra	20:44.7	22:14.5										20:44.7	20:44.7	21:29.6	-0:01:29.8	👍
Philip Kooyer	22:32.6	20:47.8										20:02.7	20:47.8	21:40.2	-0:01:44.8	
Nolan Schepers	21:28.1	20:55.8										20:55.8	20:55.8	21:12.0	-0:00:32.3	👍
Titus Gordon	21:24.6	21:44.5										21:24.6	21:24.6	21:34.6	-0:00:19.9	👍
Lucas Buys	22:52.4	22:26.6										21:25.8	22:26.6	22:39.5	-0:00:25.8	
Dylan Buys	23:23.6	22:49.2										22:49.2	22:49.2	23:06.4	-0:00:34.4	👍
Cade DeVries	23:10.3	23:18.9										23:10.3	23:10.3	23:14.6	-0:00:08.6	👍
Jaydan Alvarez	24:17.8	23:12.3										21:41.4	23:12.3	23:45.1	-0:01:05.5	

Top 5 (Goal 1:26:01)	1:33:10	1:30:25											1:30:25	1:31:52	Avg: -0:00:43	
Top 7 (Goal 2:01:08)	2:13:54	2:09:16											2:09:16	2:11:35		
Spread (1:00)	0:03:14	0:02:28											0:02:28	0:02:50		
Top 5	1:43:14	1:41:30											1:41:19	1:42:57		
Top 7 (Goal 2:11:33)	2:26:07	2:23:14											2:22:52	2:25:43		
Spread	0:00:59	0:01:02											0:00:54	0:01:18		

Gold = top 7 in race
Green = Season Record

Race1 Under The Lights
Race2 Christian School Invite
Race3 Ottawa Hills Invite
Race4 Conference Jamboree #1
Race5 Autumn Sunrise
Race6 Otsego
Race7 Conference Jamboree #2
Race8 Portage
Race9 Conference Jamboree #3
Race10 Regionals
Race11 State

Gold 16:59.9
Silver 18:59.9
Bronze 20:59.0

Improvement is defined as difference between slowest and fastest races

Varsity
JV