

Girls Varsity
Ottawa Hills 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	NewPR	By	A<E
3	Marie Gates	06:00	05:36 ▼	-00:27	12:01	11:48	05:54 ▼	-00:09	06:18 ▲	00:16	18:37	● 18:44.3	06:03	00:07			
16	Noelle Wielhouwer	06:49	06:47 ■	-00:05	13:38	13:46	06:53 ■	00:01	06:49 ■	-00:02	21:08	● 21:16.1	06:52	00:08			
17	Sadie Schout	06:44	06:25 ▼	-00:27	13:27	13:33	06:46 ▼	-00:06	07:03 ▲	00:11	20:52	● 21:18.2	06:52	00:27			
18	Lauryn Byker	06:45	06:41 ▼	-00:12	13:31	13:46	06:53 ■	00:00	06:53 ■	-00:00	20:57	● 21:19.8	06:53	00:23			
19	Katelynn Boyd	06:53	06:41 ▼	-00:15	13:46	13:46	06:53 ■	-00:03	07:00 ■	00:05	21:21	● 21:28.5	06:56	00:08			
21	Carly Bruxvoort	06:46	06:36 ▼	-00:23	13:31	13:46	06:53 ▼	-00:06	07:09 ▲	00:11	20:58	● 21:38.2	06:59	00:40			
23	Riley DenHartigh	07:00	06:46 ▼	-00:17	14:00	14:02	07:01 ■	-00:02	07:07 ■	00:04	21:43	● 21:51.8	07:03	00:09			
25	Ana Beimers	07:03	06:46 ▼	-00:21	14:05	14:02	07:01 ▼	-00:06	07:18 ▲	00:11	21:50	● 22:03.4	07:07	00:13			
28	Ashley Binder	07:33	07:10 ▼	-00:15	15:06	15:02	07:31 ▲	00:06	07:15 ▼	-00:10	23:24	● 23:00.4	07:25	-00:24			🏅
29	Grace Gruppen	07:34	07:10 ▼	-00:16	15:09	15:02	07:31 ▲	00:05	07:16 ▼	-00:09	23:28	● 23:02.1	07:26	-00:26	🏅	00:26.1	🏅

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	NewPR	By	A<E
31	Carolyn Buller	07:39			15:18	15:25	07:43 ■	00:02	07:38 ■	-00:03	23:44	● 23:48.7	07:41	00:05			
32	Lydia VanderMolen	07:42			15:23	15:28	07:44 ■	-00:03	07:53 ▲	00:06	23:51	○ 24:08.7	07:47	00:18			
33	Elisha Van Spronsen	07:35			15:10	15:19	07:39 ▼	-00:08	08:02 ▲	00:14	23:30	○ 24:08.8	07:47	00:39			
34	Olivia Vredevoogd	07:56			15:51	15:25	07:43 ▼	-00:11	08:12 ▲	00:19	24:35	○ 24:26.3	07:53	-00:08			🏅
35	Sophia Miller	08:04			16:07	15:45	07:53 ■	-00:03	08:01 ▲	00:06	24:59	○ 24:34.3	07:56	-00:25			🏅
36	Kylie Leatherman	08:03			16:05	15:45	07:53 ■	-00:03	08:02 ▲	00:06	24:57	○ 24:35.5	07:56	-00:21	🏅	00:21.0	🏅
37	Elena Schmuker	08:00			16:01	16:13	08:06 ■	00:04	07:56 ▼	-00:07	24:49	○ 24:56.9	08:03	00:08			
38	Chloe DenHartigh	08:04			16:07	16:19	08:10 ■	00:00	08:09 ■	-00:00	25:00	○ 25:16.6	08:09	00:17			
39	Taya VanderZwaag	08:27			16:53	16:27	08:13 ▼	-00:06	08:31 ▲	00:11	26:10	○ 25:49.2	08:20	-00:21	🏅	00:21.0	🏅
40	Allie Gruppen	08:37			17:14	16:30	08:15 ▼	-00:11	08:47 ▲	00:21	26:43	○ 26:09.7	08:26	-00:33	🏅	00:33.4	🏅
41	Emma Nienhuis	08:22			16:45	16:40	08:20 ▼	-00:27	09:36 ▲	00:49	25:57	○ 27:13.6	08:47	01:16			
42	Aeris Ensing	09:00			17:59	17:47	08:54 ■	00:00	08:53 ■	-00:01	27:53	○ 27:32.9	08:53	-00:20			🏅
43	Leah Ernst	08:55			17:49	17:47	08:54 ■	-00:00	08:54 ■	00:00	27:37	○ 27:33.9	08:54	-00:04	🏅	00:03.5	🏅
44	Kenna Caryl	07:47			15:34	18:15	09:07 ▲	00:07	08:47 ▼	-00:13	24:07	○ 27:54.9	09:00	03:48			
45	Hanna DeVries	08:56			17:53	18:15	09:07 ▲	00:07	08:47 ▼	-00:13	27:42	○ 27:55.2	09:00	00:13			
46	Addison Mokma	09:55			19:51	20:33	10:16 ■	00:03	10:09 ▼	-00:05	30:46	○ 31:42.4	10:14	00:57			
48	Kasey Haartman	07:51			15:41						24:19						
49	Alaina Miedema	09:18			18:37						28:51						
47	Emma Kuipers	10:39			21:18						33:01						

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		
1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	Gold	19:59.9
Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	Silver	21:59.9
Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.	Bronze	23:59.9
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				

▲ 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	0:18:37	0:18:44									18:26.9	18:37.1	18:51.2	-0:00:35	
Noelle Wielhouwer	22:31.4	0:21:08	0:21:16									20:24.1	21:08.2	21:38.6	-0:01:23	
Sadie Schout	22:06.5	0:20:52	0:21:18									19:34.6	20:51.6	21:25.4	-0:01:15	
Lauryn Byker	21:40.2	0:20:57	0:21:20									20:57.0	20:57.0	21:19.0	-0:00:43	🏆
Katelynn Boyd	21:43.0	0:21:21	0:21:29									20:20.1	21:20.6	21:30.7	-0:00:22	
Carly Bruxvoort	21:43.9	0:20:58	0:21:38									19:52.1	20:57.8	21:26.6	-0:00:46	
Riley DenHartigh	22:04.4	0:21:43	0:21:52									20:12.0	21:42.6	21:52.9	-0:00:22	
Ana Beimers	22:05.2	0:21:50	0:22:03									20:50.2	21:49.9	21:59.5	-0:00:15	
Ashley Binder	25:03.3	0:23:24	0:23:00									22:32.5	23:00.4	23:49.4	-0:02:03	
Grace Gruppen	25:15.7	0:23:28	0:23:02									23:02.1	23:02.1	23:55.3	-0:02:14	🏆
Carolyn Buller	24:22.0	0:23:44	0:23:49									22:57.0	23:43.6	23:58.1	-0:00:38	
Lydia VanderMolen	25:20.6	0:23:51	0:24:09									22:19.5	23:51.1	24:26.8	-0:01:30	
Elisha Van Spronsen		0:23:30	0:24:09									23:29.9	23:29.9	23:49.4	-0:00:39	🏆
Olivia Vredevoogd	24:45.1	0:24:35	0:24:26									23:38.4	24:26.3	24:35.4	-0:00:19	
Sophia Miller	24:59.4		0:24:34									23:36.9	24:34.3	24:46.9	-0:00:25	
Kylie Leatherman	25:06.7	0:24:57	0:24:36									24:35.5	24:35.5	24:52.9	-0:00:31	🏆
Elena Schmuker	28:59.0	0:24:49	0:24:57									24:49.1	24:49.1	26:15.0	-0:04:10	🏆
Chloe DenHartigh	26:43.2	0:25:00	0:25:17									24:59.5	24:59.5	25:39.8	-0:01:44	🏆
Taya VanderZwaag	28:03.3	0:26:10	0:25:49									25:49.2	25:49.2	26:40.9	-0:02:14	🏆
Allie Gruppen	28:56.1	0:26:43	0:26:10									26:09.7	26:09.7	27:16.3	-0:02:46	🏆
Emma Nienhuis	28:01.6	0:25:57	0:27:14									25:57.3	25:57.3	27:04.2	-0:02:04	🏆
Aeris Ensing	29:16.2	0:27:53	0:27:33									24:33.7	27:32.9	28:13.9	-0:01:43	
Leah Ernst	29:30.2	0:27:37	0:27:34									27:33.9	27:33.9	28:13.8	-0:01:56	🏆
Kenna Caryl	26:11.4	0:24:07	0:27:55									21:16.6	24:07.3	26:04.5	-0:03:48	
Hanna DeVries	30:26.0	0:27:42	0:27:55									26:39.7	27:42.4	28:41.2	-0:02:44	
Addison Mokma	33:34.8	0:30:46	0:31:42									30:45.7	30:45.7	32:01.0	-0:02:49	🏆
Kasey Haartman	25:30.9	0:24:19										22:58.1	24:18.7	24:54.8	-0:01:12	
Alaina Miedema	30:42.9	0:28:51										27:03.2	28:50.8	29:46.9	-0:01:52	
Emma Kuipers	35:19.6	0:33:01										33:01.2	33:01.2	34:10.4	-0:02:18	🏆
Top 5 (Goal 1:40:29)	1:46:24	1:42:32	1:44:07										1:42:32	1:44:33	Avg: -0:01:34	
Top 7 (Goal 2:29:28)	2:30:35	2:25:35	2:27:37										2:25:35	2:28:05		
Spread (1:50)	0:02:54	0:03:06	0:03:07										0:03:06	0:03:02		
Top 5	2:01:41	1:55:56	1:56:03										1:55:06	1:57:32		
Top 7 (Goal 2:43:16)	2:52:04	2:43:54	2:44:38										2:43:04	2:46:34		
Spread	0:02:44	0:02:17	0:02:23										0:02:17	0:02:36		

Varsity

JV

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