

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	05:34	-00:27	12:01	12:02	06:01	-00:00	06:01	00:00	18:37	18:39.6	06:01	00:02			
10	Katelynn Boyd	06:53	06:40	-00:15	13:46	14:02	07:01	00:06	06:44	-00:11	21:21	21:26.5	06:55	00:06			
11	Sadie Schout	06:44	06:21	-00:35	13:27	13:37	06:49	-00:07	07:09	00:13	20:52	21:29.1	06:56	00:38			
12	Laurny Byker	06:45	06:43	-00:13	13:31	14:03	07:01	00:05	06:47	-00:10	20:57	21:30.4	06:56	00:33			
17	Carly Bruxvoort	06:46	06:40	-00:32	13:31	14:19	07:10	-00:02	07:16	00:04	20:58	22:18.1	07:12	01:20			
18	Riley DenHartigh	07:00	06:50	-00:24	14:00	14:41	07:21	00:07	07:01	-00:13	21:43	22:24.1	07:14	00:41			
19	Noelle Wielhouwer	06:49	06:50	-00:24	13:38	14:41	07:21	00:07	07:01	-00:13	21:08	22:24.2	07:14	01:16			
22	Ana Beimers	07:03	06:06	-01:12	14:05	14:52	07:26	00:08	07:04	-00:14	21:50	22:38.8	07:18	00:49			
28	Ashley Binder	07:25	07:32	-00:26	14:51	16:19	08:10	00:12	07:37	-00:21	23:00	24:41.3	07:58	01:41			
29	Grace Gruppen	07:26	07:32	-00:28	14:52	16:19	08:10	00:09	07:43	-00:17	23:02	24:48.2	08:00	01:46			

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
30	Elisha Van Spronsen	07:35	07:35	▼ -00:37	15:10	16:28	08:14	🟡 00:02	08:08	🟡 -00:04	23:30	🟡 25:24.5	08:12	01:55			
31	Kylie Leatherman	07:56	07:47	▼ -00:27	15:52	16:40	08:20	🟢 00:06	08:03	▼ -00:11	24:36	🟡 25:31.4	08:14	00:56			
32	Sophia Miller	07:56	07:47	▼ -00:27	15:51	16:40	08:20	🟢 00:06	08:03	▼ -00:11	24:34	🟡 25:31.8	08:14	00:58			
33	Carolyn Buller	07:39	07:32	▼ -00:44	15:18	16:28	08:14	🟡 -00:02	08:20	🟡 00:04	23:44	🟡 25:38.1	08:16	01:54			
34	Kasey Haartman	07:51	07:53	▼ -00:30	15:41	16:57	08:28	🟢 00:06	08:13	▼ -00:10	24:19	🟡 25:58.8	08:23	01:40			
35	Chloe DenHartigh	08:04	08:01	▼ -00:25	16:07	16:02	08:01	▼ -00:25	09:10	🟢 00:45	25:00	🟡 26:07.4	08:26	01:08			
36	Elena Schmuker	08:00	07:35	▼ -00:56	16:01	16:53	08:27	🟡 -00:05	08:40	🟢 00:09	24:49	🟡 26:25.4	08:31	01:36			
37	Olivia Vredevoogd	07:53	07:36	▼ -00:57	15:46	16:42	08:21	▼ -00:12	08:55	🟢 00:22	24:26	🟡 26:30.8	08:33	02:05			
38	Kenna Caryl	07:47	08:12	▼ -00:23	15:34	17:31	08:45	🟢 00:10	08:17	▼ -00:18	24:07	🟡 26:37.7	08:35	02:30			
39	Lydia VanderMolen	07:42	07:40	▼ -00:56	15:23	16:57	08:28	▼ -00:07	08:48	🟢 00:13	23:51	🟡 26:38.3	08:36	02:47			
40	Taya VanderZwaag	08:20	08:12	▼ -00:48	16:39	17:54	08:57	🟡 -00:03	09:05	🟢 00:05	25:49	🟡 27:53.3	09:00	02:04			
41	Leah Ernst	08:54	08:49	▼ -00:20	17:47	18:33	09:16	🟢 00:07	08:56	▼ -00:13	27:34	🟡 28:22.8	09:09	00:49			
42	Allie Gruppen	08:26	08:22	▼ -00:49	16:53	18:15	09:07	🟡 -00:04	09:18	🟢 00:07	26:10	🟡 28:28.9	09:11	02:19			
43	Aeris Ensing	08:53	08:57	▼ -00:31	17:46	18:56	09:28	🟡 -00:00	09:29	🟡 00:01	27:33	🟡 29:21.9	09:28	01:49			
44	Hanna DeVries	08:56	08:43	▼ -00:47	17:53	18:57	09:28	🟡 -00:02	09:33	🟡 00:03	27:42	🟡 29:27.6	09:30	01:45			
45	Emma Nienhuis	08:22	08:43	▼ -00:51	16:45	18:57	09:28	▼ -00:05	09:43	🟢 00:10	25:57	🟡 29:38.8	09:34	03:41			
46	Emma Kuipers	10:39	10:49	▼ -01:50	21:18	24:38	12:19	▼ -00:20	13:15	🟢 00:36	33:01	🟡 39:12.6	12:39	06:11			
49	Alaina Miedema	09:18			18:37						28:51						
48	Addison Mokma	09:55			19:51						30:46						

	Sub	
Gold	19:59.9	▲ Below Average PPM
Silver	21:59.9	■ On Target
Bronze	23:59.9	▼ Above Average PPM