

Boys Varsity
Autumn Sunrise

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	05:29	05:29	🟡 -00:02	10:57	11:07	▲	05:34 00:02.1	05:27.5 🟡 -00:04	16:59	● 17:07.3	05:31	00:09	00:06				
2	Reuben Riemersma	05:41	05:33	▼ -00:11	11:22	11:33	▲	05:46 00:02.4	05:39.8 🟡 -00:04	17:37	● 17:46.8	05:44	00:10	00:13				
3	Eli Schout	05:55	05:51	▼ -00:09	11:50	12:00	▲	06:00 00:00.4	05:59.0 🟡 -00:01	18:20	● 18:34.9	06:00	00:15	00:09				
5	Ethan Dertien	05:53	05:43	▼ -00:19	11:46	12:01	▲	06:01 -00:02.0	06:06.1 🟡 00:04	18:14	● 18:43.7	06:02	00:30	00:23				
6	Ben Brower	06:13	06:03	▼ -00:09	12:26	12:00	▲	06:00 -00:12.3	06:34.7 ▲ 00:22	19:16	● 19:14.2	06:12	-00:01	00:35				🏆
7	Caden Leatherman	06:16	06:04	▼ -00:10	12:33	12:30	▲	06:15 00:01.2	06:11.7 🟡 -00:02	19:26	● 19:18.9	06:14	-00:07	00:11				🏆
9	Johnny Gruppen	06:17	06:02	▼ -00:28	12:33	12:35	▲	06:18 -00:12.1	06:51.7 ▲ 00:22	19:27	● 20:07.9	06:30	00:40	00:50				

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
8	Alden Lucas	06:16	06:11	▼ -00:17	12:32	12:52	▲	06:26 -00:02	06:31 🟡 00:03	19:25	● 20:02.1	06:28	00:37	00:20				
10	Dylan Duimstra	06:25	06:31	▼ -00:12	12:50	13:18	▲	06:39 -00:04	06:50 ▲ 00:07	19:54	● 20:49.3	06:43	00:55	00:19				
12	Nolan Schepers	06:38	06:30	▼ -00:15	13:17	13:23	▲	06:41 -00:04	06:52 ▲ 00:07	20:35	● 20:56.1	06:45	00:21	00:22				
14	Adam Shoemaker	06:37	06:37	▼ -00:09	13:14	13:31	▲	06:45 -00:00	06:47 🟡 00:01	20:31	● 20:58.5	06:46	00:28	00:10				
16	Logan Nederveld	06:37	06:47	▼ -00:07	13:14	13:55	▲	06:57 00:03	06:48 ▼ -00:06	20:30	○ 21:23.8	06:54	00:54	00:10				
17	Titus Gordon	06:50	06:44	▼ -00:11	13:41	13:47	▲	06:54 -00:01	06:57 🟡 00:02	21:12	○ 21:25.3	06:55	00:13	00:13				
18	Peter Keegstra	06:42	06:44	▼ -00:13	13:23	13:50	▲	06:55 -00:02	07:01 🟡 00:04	20:45	○ 21:33.4	06:57	00:49	00:17				
19	Philip Kooyer	06:43	06:44	▼ -00:14	13:25	13:47	▲	06:54 -00:05	07:07 ▲ 00:09	20:48	○ 21:37.0	06:58	00:49	00:23				
23	Jaydan Alvarez	07:29	07:22	🟡 -00:01	14:58	14:47	▲	07:23 00:01	07:22 🟡 -00:01	23:12	○ 22:53.2	07:23	-00:19	00:01				🏆
24	Lucas Buys	07:14	07:10	▼ -00:15	14:29	14:41	▲	07:21 -00:05	07:35 ▲ 00:09	22:27	○ 23:01.0	07:25	00:34	00:25				
25	Dylan Buys	07:12	07:13	▼ -00:14	14:24	14:56	▲	07:28 00:01	07:26 🟡 -00:01	22:19	○ 23:06.8	07:27	00:48	00:15				
28	Cade DeVries	07:05	07:13	▼ -00:24	14:10	15:03	▲	07:32 -00:06	07:48 ▲ 00:11	21:57	○ 23:38.2	07:37	01:41	00:35				
46	Andrew Burnside	06:25			12:50						19:54							

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	▲ Below Average PPM
	1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	Silver	18:59.9	🟡 On Target
	Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	Bronze	20:59.9	▼ Above Average PPM
	Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.			
	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	17:05.8	17:04.6	17:07.3							16:57.6	16:58.6	17:06.3	-0:00:16.8	
Reuben Riemersma	18:07.1	17:37.0	18:04.0	17:58.8	17:46.8							17:37.0	17:37.0	17:54.7	-0:00:30.1	👍
Eli Schout	19:16.4	18:20.2	18:49.0		18:34.9							18:20.2	18:20.2	18:45.1	-0:00:56.2	👍
Ethan Dertien	18:24.2	18:13.6	18:45.2	18:58.1	18:43.7							18:13.6	18:13.6	18:37.0	-0:00:44.5	👍
Ben Brower	20:15.0	19:15.6	19:16.5	20:24.4	19:14.2							18:26.5	19:14.2	19:41.1	-0:01:10.2	
Caden Leatherman	20:07.0	19:26.4	19:34.3	20:04.9	19:18.9							17:59.0	19:18.9	19:42.3	-0:00:48.1	
Alden Lucas	20:29.3	19:24.9	19:56.0	20:50.2	20:02.1							19:24.9	19:24.9	20:08.5	-0:01:25.3	👍
Johnny Gruppen	20:46.2	19:54.2	19:27.4	20:08.4	20:07.9							19:13.6	19:27.4	20:04.8	-0:01:18.8	
Dylan Duimstra	20:30.5	20:41.4	19:53.9	21:22.0	20:49.3							19:48.0	19:53.9	20:39.4	-0:01:28.1	
Nolan Schepers	21:28.1	20:55.8	20:35.1	21:57.1	20:56.1							20:35.1	20:35.1	21:10.5	-0:01:22.0	👍
Adam Shoemaker	20:43.6	20:30.6	21:11.1	21:38.2	20:58.5							20:30.6	20:30.6	21:00.4	-0:01:07.6	👍
Logan Nederveld	22:02.6	20:30.3	21:15.2	22:42.1	21:23.8							20:30.3	20:30.3	21:34.8	-0:02:11.8	👍
Titus Gordon	21:24.6	21:44.5	21:11.9	22:33.7	21:25.3							21:11.9	21:11.9	21:40.0	-0:01:21.8	👍
Peter Keegstra	20:44.7	22:14.5	21:33.5	21:51.3	21:33.4							20:44.7	20:44.7	21:35.5	-0:01:29.8	👍
Philip Kooyer	22:32.6	20:47.8	21:47.2	21:47.3	21:37.0							20:02.7	20:47.8	21:42.4	-0:01:44.8	
Jaydan Alvarez	24:17.8	23:12.3	23:15.6	24:36.2	22:53.2							21:41.4	22:53.2	23:39.0	-0:01:43.0	
Lucas Buys	22:52.4	22:26.6	22:28.4	23:17.2	23:01.0							21:25.8	22:26.6	22:49.1	-0:00:50.6	
Dylan Buys	23:23.6	22:49.2	22:19.3	24:38.8	23:06.8							22:19.3	22:19.3	23:15.5	-0:02:19.5	👍
Cade DeVries	23:10.3	23:18.9	21:57.3	23:28.4	23:38.2							21:57.3	21:57.3	23:06.6	-0:01:40.9	👍
Andrew Burnside	20:29.1	19:53.6	20:49.4	22:33.7								19:53.6	19:53.6	20:56.5	-0:02:40.1	👍

Top 5 (Goal 1:26:01)	1:33:10	1:30:25	1:32:01	1:34:15	1:31:27								1:30:24	1:32:04	Avg: -0:01:21	
Top 7 (Goal 2:01:08)	2:13:54	2:09:16	2:11:02	2:15:29	2:10:48								2:09:07	2:11:51		
Spread (1:00)	0:03:14	0:02:28	0:02:28	0:03:46	0:02:55								0:02:26	0:02:58		
Top 5	1:43:14	1:41:30	1:42:26	1:48:36	1:44:16								1:40:16	1:43:55		
Top 7 (Goal 2:11:33)	2:26:07	2:23:14	2:24:53	2:33:43	2:27:14								2:21:36	2:27:06		
Spread	0:00:59	0:01:02	0:01:21	0:01:12	0:01:25								0:01:17	0:01:27		

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