

Girls 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	NewPR	By	A<E
4	Marie Gates	06:00	05:48 ▼	-00:14	12:01	12:03	06:02 🟡	-00:00	06:02 🟡	00:01	18:37 🟡	18:41.5	06:02	00:04			
11	Katelynn Boyd	06:53	06:37 ▼	-00:08	13:46	13:36	06:48 🟡	00:03	06:38 ▼	-00:06	21:21 🟡	20:54.3	06:45	-00:26			🏅
13	Lauryn Byker	06:45	06:43 🟡	-00:03	13:31	13:43	06:51 ▲	00:06	06:35 ▼	-00:10	20:57 🟡	20:57.9	06:46	00:01			
15	Carly Bruxvoort	06:46	06:37 ▼	-00:16	13:31	13:43	06:51 🟡	-00:02	06:56 🟡	00:03	20:58 🟡	21:20.9	06:53	00:23			
20	Noelle Wielhouwer	06:49	06:54 ▼	-00:09	13:38	14:16	07:08 🟡	00:05	06:54 ▼	-00:09	21:08 🟡	21:51.6	07:03	00:43			
21	Riley DenHartigh	07:00	06:54 ▼	-00:11	14:00	14:15	07:07 🟡	00:02	07:02 🟡	-00:04	21:43 🟡	21:58.7	07:05	00:16			
47	Sadie Schout	06:44			13:27						20:52						

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
22	Ana Beimers	07:03	06:55 ▼	-00:16	14:05	14:20	07:10 🟡	-00:01	07:14 🟡	00:03	21:50 🟡	22:17.5	07:11	00:28			
26	Ashley Binder	07:25	07:15 ▼	-00:14	14:51	15:11	07:35 ▲	00:06	07:18 ▼	-00:12	23:00 🟡	23:12.4	07:29	00:12			
27	Grace Gruppen	07:26	07:15 ▼	-00:14	14:52	15:11	07:35 ▲	00:06	07:19 ▼	-00:11	23:02 🟡	23:13.4	07:29	00:11			
29	Elena Schmuker	08:00	07:35 ▼	-00:12	16:01	15:45	07:53 ▲	00:05	07:38 ▼	-00:09	24:49 🟡	24:08.9	07:47	-00:40	🏅	00:40.2	🏅
30	Kylie Leatherman	07:56	07:35 ▼	-00:14	15:52	15:40	07:50 🟡	00:01	07:47 🟡	-00:02	24:36 🟡	24:13.9	07:49	-00:22	🏅	00:21.6	🏅
31	Carolyn Buller	07:39	07:30 ▼	-00:20	15:18	15:39	07:50 🟡	-00:00	07:50 🟡	00:00	23:44 🟡	24:15.9	07:50	00:32			
32	Elisha Van Spronsen	07:35	07:35 ▼	-00:18	15:10	15:58	07:59 ▲	00:06	07:43 ▼	-00:10	23:30 🟡	24:27.0	07:53	00:57			
33	Lydia VanderMolen	07:42	07:35 ▼	-00:25	15:23	15:48	07:54 ▼	-00:06	08:10 ▲	00:10	23:51 🟡	24:47.0	08:00	00:56			
34	Chloe DenHartigh	08:04	07:53 ▼	-00:12	16:07	16:19	08:10 🟡	00:04	07:58 ▼	-00:07	25:00 🟡	25:05.0	08:05	00:05			
35	Olivia Vredevoogd	07:53	07:43 ▼	-00:27	15:46	16:05	08:02 ▼	-00:07	08:24 ▲	00:14	24:26 🟡	25:18.9	08:10	00:53			
36	Allie Gruppen	08:26	08:01 ▼	-00:12	16:53	16:35	08:17 ▲	00:06	08:02 ▼	-00:10	26:10 🟡	25:24.9	08:12	-00:45	🏅	00:44.8	🏅
37	Kenna Caryl	07:47	08:01 ▼	-00:29	15:34	16:50	08:25 🟡	-00:05	08:38 ▲	00:08	24:07 🟡	26:19.9	08:30	02:13			
38	Taya VanderZwaag	08:20	08:01 ▼	-00:36	16:39	16:51	08:26 ▼	-00:12	08:59 ▲	00:22	25:49 🟡	26:43.9	08:37	00:55			
39	Hanna DeVries	08:56	08:04 ▼	-00:35	17:53	17:13	08:37 🟡	-00:02	08:43 🟡	00:04	27:42 🟡	26:48.1	08:39	-00:54			🏅
40	Leah Ernst	08:54	08:31 ▼	-00:10	17:47	17:32	08:46 ▲	00:05	08:31 ▼	-00:10	27:34 🟡	26:53.6	08:41	-00:40	🏅	00:40.3	🏅
41	Aeris Ensing	08:53	08:31 ▼	-00:14	17:46	17:30	08:45 🟡	00:00	08:45 🟡	-00:00	27:33 🟡	27:07.4	08:45	-00:25			🏅
42	Alaina Miedema	09:18	08:46 ▼	-00:47	18:37	18:41	09:21 ▼	-00:12	09:54 ▲	00:22	28:51 🟡	29:34.8	09:33	00:44			
43	Emma Kuipers	10:39			21:18						33:01 🟡	30:10.3	09:44	-02:51	🏅	02:50.9	🏅
45	Kasey Haartman	07:51			15:41						24:19						
48	Sophia Miller	07:56	07:00		15:51						24:34						
44	Emma Nienhuis	08:22			16:45						25:57						
49	Addison Mokma	09:55			19:51						30:46						

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		Sub	
	1vsAvg	+/- compared to average PPM for mile 1	Act_PPM	Actual PPM for entire race	Gold	19:59.9	▲ Below Average PPM
	Mile2_Est	Estimated Mile 2	Act_vs_Est	+/- from estimate	Silver	21:59.9	🟡 On Target
	Mile2_Act	Actual Mile 2	Spread	Difference between fastest mile and slowest mile.	Bronze	23:59.9	▼ 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
Marie Gates	19:12.2	0:18:37	0:18:44	0:18:40	0:18:42							18:26.9	18:37.1	18:47.0	-0:00:35	
Katelynn Boyd	21:43.0	0:21:21	0:21:29	0:21:27	0:20:54							20:20.1	20:54.3	21:22.6	-0:00:49	
Lauryn Byker	21:40.2	0:20:57	0:21:20	0:21:30	0:20:58							20:57.0	20:57.0	21:17.1	-0:00:43	🏆
Carly Bruxvoort	21:43.9	0:20:58	0:21:38	0:22:18	0:21:21							19:52.1	20:57.8	21:35.8	-0:01:20	
Noelle Wielhouwer	22:31.4	0:21:08	0:21:16	0:22:24	0:21:52							20:24.1	21:08.2	21:50.3	-0:01:23	
Riley DenHartigh	22:04.4	0:21:43	0:21:52	0:22:24	0:21:59							20:12.0	21:42.6	22:00.3	-0:00:41	
Ana Beimers	22:05.2	0:21:50	0:22:03	0:22:39	0:22:18							20:50.2	21:49.9	22:11.0	-0:00:49	
Ashley Binder	25:03.3	0:23:24	0:23:00	0:24:41	0:23:12							22:32.5	23:00.4	23:52.4	-0:02:03	
Grace Gruppen	25:15.7	0:23:28	0:23:02	0:24:48	0:23:13							23:02.1	23:02.1	23:57.5	-0:02:14	🏆
Elena Schmuker	28:59.0	0:24:49	0:24:57	0:26:25	0:24:09							24:08.9	24:08.9	25:51.9	-0:04:50	🏆
Kylie Leatherman	25:06.7	0:24:57	0:24:36	0:25:31	0:24:14							24:13.9	24:13.9	24:52.8	-0:01:17	🏆
Carolyn Buller	24:22.0	0:23:44	0:23:49	0:25:38	0:24:16							22:57.0	23:43.6	24:21.7	-0:01:54	
Elisha Van Spronsen		0:23:30	0:24:09	0:25:25	0:24:27							23:29.9	23:29.9	24:22.6	-0:01:55	🏆
Lydia VanderMolen	25:20.6	0:23:51	0:24:09	0:26:38	0:24:47							22:19.5	23:51.1	24:57.1	-0:02:47	
Chloe DenHartigh	26:43.2	0:25:00	0:25:17	0:26:07	0:25:05							24:59.5	24:59.5	25:38.3	-0:01:44	🏆
Olivia Vredevoogd	24:45.1	0:24:35	0:24:26	0:26:31	0:25:19							23:38.4	24:26.3	25:07.2	-0:02:05	
Allie Gruppen	28:56.1	0:26:43	0:26:10	0:28:29	0:25:25							25:24.9	25:24.9	27:08.6	-0:03:31	🏆
Kenna Caryl	26:11.4	0:24:07	0:27:55	0:26:38	0:26:20							21:16.6	24:07.3	26:14.3	-0:03:48	
Taya VanderZwaag	28:03.3	0:26:10	0:25:49	0:27:53	0:26:44							25:49.2	25:49.2	26:56.0	-0:02:14	🏆
Hanna DeVries	30:26.0	0:27:42	0:27:55	0:29:28	0:26:48							26:39.7	26:48.1	28:27.9	-0:03:38	
Leah Ernst	29:30.2	0:27:37	0:27:34	0:28:23	0:26:54							26:53.6	26:53.6	27:59.6	-0:02:37	🏆
Aeris Ensing	29:16.2	0:27:53	0:27:33	0:29:22	0:27:07							24:33.7	27:07.4	28:14.2	-0:02:14	
Alaina Miedema	30:42.9	0:28:51		0:29:35								27:03.2	28:50.8	29:42.8	-0:01:52	
Emma Kuipers	35:19.6	0:33:01		0:39:13	0:30:10							30:10.3	30:10.3	34:25.9	-0:09:02	🏆
Sadie Schout	22:06.5	0:20:52	0:21:18	0:21:29								19:34.6	20:51.6	21:26.4	-0:01:15	
Sophia Miller	24:59.4		0:24:34	0:25:32								23:36.9	24:34.3	25:01.8	-0:00:57	
Kasey Haartman	25:30.9	0:24:19		0:25:59								22:58.1	24:18.7	25:16.1	-0:01:40	
Emma Nienhuis	28:01.6	0:25:57	0:27:14	0:29:39								25:57.3	25:57.3	27:42.8	-0:03:41	🏆
Addison Mokma	33:34.8	0:30:46	0:31:42									30:45.7	30:45.7	32:01.0	-0:02:49	🏆
Top 5 (Goal 1:40:29)	1:46:24	1:42:32	1:44:07	1:45:24	1:43:46								1:42:18	1:44:29	Avg: -0:02:18	
Top 7 (Goal 2:29:28)	2:30:35	2:25:35	2:27:37	2:30:12	2:28:02								2:25:09	2:28:19		
Spread (1:50)	0:02:54	0:03:06	0:03:07	0:03:45	0:03:36								0:03:06	0:03:13		
Top 5	2:01:41	1:55:56	1:56:03	2:03:04	1:59:05								1:55:06	1:58:45		
Top 7 (Goal 2:43:16)	2:52:04	2:43:54	2:44:38	2:54:14	2:48:19								2:43:04	2:48:35		
Spread	0:02:44	0:02:17	0:02:23	0:02:59	0:01:35								0:02:17	0:02:46		

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