

Hudsonville Distance Speed Development

Runner	6/18 150m track	6/25 150m church	7/24 church 150m 7/28	8/27 track everyone didnt cut the curve		
Seniors						
Brett Baine	17.76		17.55	17.12		
Kyle Merrihew	19.92		20.40	19.83		
Logan Campbell		20.44	19.53			
Tyler Raterink	20.45		19.72			
Jack Kennedy		20.77	21.55	20.74		
Domenic Wyllys				20.99		
Bryce Morningstar				21.13		
Seth Mol	23.42			22.31		
Ian O'Brien				24.92		
Quinn Berghorst	25.48			25.71		
Tyler Hook				legs dead		
Will Knoth				legs dead		
Juniors						
Trey Diepenhorst				19.91		
Riley VanSprange				20.17		
Lorenzo Roerig				20.18		
Billy Scholten	21.52		21.12	21.34		
Matthew Kunzi				21.88		
Jacob McCuaig		26.18	25.9	26.92		
Sophomores						
Elijah Tuttle	19.35		20.1	20.35		
Jack Lettecci			19.35	19.17		
Jaben Bakker		19.64		19.8		
Brady O'Brien			19.96	19.86		
Alex Drzewicki		20.19		20.27		
Owen Lewis	20.24		20.96	21.08		
Brendan Lafrenier				20.52		
Aaron Spears	21.15			21.13		
Luke Martin		21.72	19.53	20.2		
Jake Rottier			22.25	22.15		
Gabe Rowell		22.47	23.5	22.64		
Caden Raterink		24.38	22.65	24.52		
Ryan VanDyken	24.65		24.6	27.2		
Noah Molchan	25.1		24.98	24.3		
Freshmen						
Jude Beckett		19.98		20.24		
Foster Boak			20.71	21.09		
Grayson Lentner	21.78		22.76	21.92		
Jason VanDyken	22.08		21.55	20.76		
Evan Ball	22.74		23.84			
Malachi Kapenga		24.38	23.32	23.15		
Liam VanHouten				25.11		
Ryan Scholten	25.42		25.8	25.62		

Runner	6/18 150m track	6/25 150m church	7/24 church 150m 7/28	8/27 track everyone didnt cut the curve		
Nick Vanderkodde				25.98		