



2016 Nike Cross Nationals At-Large Speed Rating Merge: Week 2 Update

Nov 21, 2016

174

2

Page 1 of 7

Next



MileSplit HQ - As Nike Cross Nationals draws closer, and more regional results are sorted out, the question of which four teams will earn an At-Large invitation to the big show is ever looming. Using Speed Ratings, we compared how teams ran at their respective regional, to try and see which teams may get the call on Thanksgiving weekend.



WHAT TO



Note: A Speed Rating is a number attributed to an XC performance, roughly one point per three seconds, adjusted for overall race quality and depth. Using these numbers, we can compare apples to apples, in terms of XC performances.

Girls

[Head-to-Head](#)

[Merge](#)

[Full Data](#)

Boys

[Head-to-Head](#)

[Merge](#)

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COMMENTS



2016 Nike Cross Nationals At-Large S Rating Merge: Week 2 Update

Nov 21, 2016

174

2

Prev

Page 5 of 7

Next

Boys By Head-To-Head

Boys At-Large

Team	Pts	1	2	3	4	5	(6)	(7)
1 woodlands XC Total Time: 1:35	95 Average: 19.00	5	6	12	25	47	51	53
2 MSDP IL Total Time: 1:36	96 Average: 19.20	8	15	19	22	32	38	68
3 LaGrange XC IL Total Time: 1:47	107 Average: 21.40	2	11	24	29	41	61	69
4 North spokane Total Time: 2:07	127 Average: 25.40	9	16	28	34	40	50	55
5 SPRINGVILLE HIGH Total Time: 2:13	133 Average: 26.60	10	13	17	37	56	62	63
6 wildcat XC Total Time: 2:18	138 Average: 27.60	1	7	33	48	49	54	58
7 TIMP XC Total Time: 2:23	143 Average: 28.60	4	21	30	43	45	46	60
8 The Hungry Krew Total Time: 2:33	153 Average: 30.60	18	23	26	42	44	65	66
9 Eastwood Running Club Total Time: 2:37	157 Average: 31.40	3	27	31	39	57	59	64
10 Eagles Running Club Total Time: 2:37	157 Average: 31.40	14	20	35	36	52	67	-

Prev

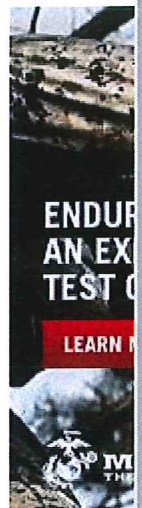
Page 5 of 7

Next

174

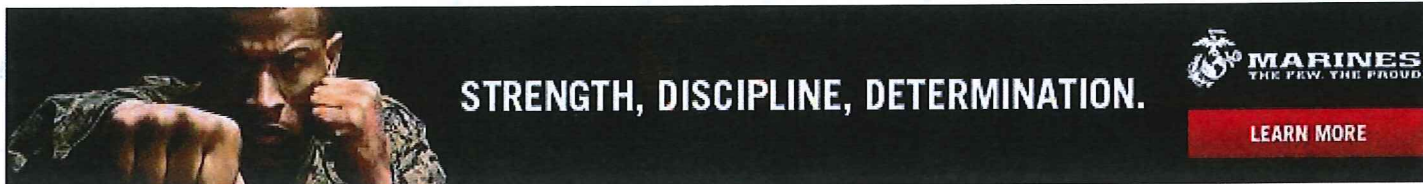
2

COMMENTS



WHAT TO





2016 Nike Cross Nationals At-Large S Rating Merge: Week 2 Update

Nov 21, 2016

◀ 174

◀ 2

◀ Prev

Page 6 of 7

Next ▶

Boys By Merge



WHAT TO



0 woodlarks XC	220
8 MSDP IL	239
9 LaGrange XC IL	252
13 North Spokane	303
14 SPRINGVILLE HIGH	306
15 Wildcat XC	309
16 TIMP XC	326
18 Eagles Running Club	352
19 Eastwood Running Club	353
20 The Hungry Krew	359

Boys Auto & At-Large

Team	Pts	1	2	3	4	5	(6)	(7)
1 Naperville South IL	129	15	20	21	35	38	41	57
Total Time: 2:09	Average: 25.80			1-5	split: 23			
2 Bozeman XC	175	5	13	37	55	65	71	125
Total Time: 2:55	Average: 35.00			1-5	split: 1:00			
3 AM FORK XC	181	2	4	8	52	115	127	129
Total Time: 3:01	Average: 36.20			1-5	split: 1:53			
4 Downers North XC Club IL	185	18	24	45	47	51	84	91
Total Time: 3:05	Average: 37.00			1-5	split: 33			
5 Central Oreg	215	23	27	33	39	93	116	132
Total Time: 3:35	Average: 43.00			1-5	split: 1:10			
6 Woodlands XC	220	11	14	30	62	103	108	110
Total Time: 3:40	Average: 44.00			1-5	split: 1:32			
7 Wayzata XC - Girls & Boys	226	10	40	56	59	61	72	88
Total Time: 3:46	Average: 45.20			1-5	split: 51			
8 MSDP IL	239	25	36	49	54	75	87	138
Total Time: 3:59	Average: 47.80			1-5	split: 50			
9 LaGrange XC IL	252	3	29	60	68	92	124	139
Total Time: 4:12	Average: 50.40			1-5	split: 1:29			
10 Carroll XC Club	278	6	31	46	97	98	105	134
Total Time: 4:38	Average: 55.60			1-5	split: 1:32			
11 DAVIS XC CLUB	284	19	43	64	77	81	102	131
Total Time: 4:44	Average: 56.80			1-5	split: 1:02			
12 Park Cross Country	300	16	17	70	86	111	112	126
Total Time: 5:00	Average: 1:00.00			1-5	split: 1:35			
13 North Spokane	303	26	42	67	78	90	107	114
Total Time: 5:03	Average: 1:00.60			1-5	split: 1:04			
14 SPRINGVILLE HIGH	306	28	32	44	85	117	128	130
Total Time: 5:06	Average: 1:01.20			1-5	split: 1:29			
15 Wildcat XC	309	1	22	76	104	106	113	119
Total Time: 5:09	Average: 1:01.80			1-5	split: 1:45			
16 TIMP XC	326	9	53	69	95	100	101	123
Total Time: 5:26	Average: 1:05.20			1-5	split: 1:31			
17 Edina XC	350	12	74	82	83	99	120	122
Total Time: 5:50	Average: 1:10.00			1-5	split: 1:27			
18 Eagles Running Club	352	34	50	79	80	109	137	-
Total Time: 5:52	Average: 1:10.40			1-5	split: 1:15			
19 Eastwood Running Club	353	7	66	73	89	118	121	133
Total Time: 5:53	Average: 1:10.60			1-5	split: 1:51			
20 The Hungry Krew	359	48	58	63	94	96	135	136
Total Time: 5:59	Average: 1:11.80			1-5	split: 48			

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- > Over 1
- > In-dep
- > Techni