

| Group | Last Name | First Name | Winter Work | 1-MILE Time | | | | vVo2 | 400M Time |
|-------|------------|------------|--------------------|-------------|-------|-------|-------|------|-----------|
| | | | | Lap 1 | Lap 2 | Lap 3 | Lap 4 | | |
| 1 | Popenhagen | Ella | 4-days @ 3-4 miles | | | | | 6:05 | |
| 1 | Smeed | Bethany | | | | | | 6:41 | |
| 1 | Hamblin | Olivia | | | | | | 6:43 | |
| 1 | Schulte | Erica | | | | | | 6:47 | |
| 1 | Bradley | Anabel | 2-days @ 3-4 miles | | | | | 6:52 | |
| 1 | Grams | Sarah | | | | | | 7:10 | |
| 1 | Ingraham | Abby | | | | | | 7:11 | |
| 1 | Parker | Riley | | | | | | 7:26 | |
| 2 | Duncan | Kayleigh | | | | | | 7:28 | |
| 2 | Mangrich | Naveah | | | | | | 7:32 | |
| 2 | Fusselman | Emily | | | | | | 7:33 | |
| 2 | Bateman | Madison | | | | | | 7:34 | |
| 2 | Davis | Kacey | | | | | | 7:41 | |
| 2 | Martin | Rebekkah | | | | | | 7:45 | |
| 2 | Markham | Whitney | | | | | | 7:45 | |
| 2 | Phillips | Destiny | | | | | | 7:48 | |
| 3 | Dralle | Shayla | | | | | | 7:48 | |
| 3 | Ciabatti | Taylor | | | | | | 7:49 | |
| 3 | Albaugh | Olivia | | | | | | 7:50 | |
| 3 | Kolthoff | Kelsie | 1-day @ 1 mile | | | | | 7:54 | |
| 3 | Ernst | Regan | 1-day @ 1 mile | | | | | 8:15 | |
| 3 | Kolthoff | Kallie | 1-day @ 1 mile | | | | | 8:29 | |
| 3 | Blockhaus | Ashlyn | | | | | | 8:54 | |
| 3 | Aboushaar | Zeina | | | | | | 8:58 | |
| | Gray | Lauren | | | | | | DNR | |
| | Earl | Katherine | | | | | | DNR | |
| | Knight | Victoria | | | | | | DNR | |
| | Park | Grace | | | | | | DNR | |
| | Roman | Tayvah | | | | | | DNR | |
| | Cadenhead | Ella | | | | | | DNR | |