

# Decens Itapika 26.6.2019, Sastamala, Suunta-Sepot

[H21A](#) [H35](#) [H40](#) [H45](#) [H50](#) [H55](#) [H60](#) [H65](#) [H70](#) [H75](#) [H80](#) [D21A](#) [D35](#) [D40](#) [D45](#) [D50](#) [D55](#) [D60](#) [D65](#) [D70](#) [H18](#) [D18](#) [H16](#) [D16](#) [H14](#) [D14](#) [H13](#) [D13](#) [H12](#) [D12](#) [H12TR](#) [D12TR](#) [H10RR](#) [D10RR](#) [Kunto1](#) [Kunto2](#)

## H21A 4,74 km

		1. (296 m)	2. (120 m)	3. (526 m)	4. (900 m)	5. (141 m)	6. (685 m)	7. (121 m)	8. (261 m)	9. (382 m)	10. (182 m)	11. (202 m)	12. (168 m)	13. (196 m)	14. (378 m)	15. (108 m)	Tulos	(min/km)		
1.	Pasi Ikonen	PR	9-05:19 9-05:19	9-06:10 2-00:51	8-09:24 1-03:14	4-15:41 1-06:17	4-16:36 1-00:55	4-20:15 1-03:39	4-20:57 2-00:42	4-22:27 1-01:30	4-24:58 1-02:31	4-26:03 1-01:05	4-27:08 1-01:05	3-28:18 1-01:10	1-29:30 1-01:12	1-31:46 4-02:16	1-32:09 1-00:23	32:09	6:46	Pasi Ikonen
2.	Timo Saarinen	VaHa	4-02:44 4-02:44	3-03:37 5-00:53	3-07:21 4-03:44	2-13:44 2-06:23	2-14:39 1-00:55	3-19:04 5-04:25	3-19:46 2-00:42	2-21:26 2-01:40	1-24:08 2-02:42	1-25:24 3-01:16	2-26:39 5-01:15	2-28:08 5-01:29	2-29:44 3-01:36	2-31:55 2-02:11	2-32:18 1-00:23	32:18	6:48	Timo Saarinen
3.	Maxim Sychev	Hiisi	2-02:23 2-02:23	1-03:09 1-00:46	1-06:38 3-03:29	1-13:19 3-06:41	1-14:20 4-01:01	1-18:57 6-04:37	2-19:44 4-00:47	3-21:35 4-01:51	3-24:17 2-02:42	3-25:33 3-01:16	3-26:43 2-01:10	4-28:23 6-01:40	3-30:00 4-01:37	3-32:19 5-02:19	3-32:44 4-00:25	32:44	6:54	Maxim Sychev
4.	Joona Huila	Hiisi	5-02:46 5-02:46	5-03:42 6-00:56	2-07:09 2-03:27	3-14:10 4-07:01	3-15:05 1-00:55	2-19:02 2-03:57	1-19:43 1-00:41	1-21:25 3-01:42	1-24:08 4-02:43	2-25:27 5-01:19	1-26:38 3-01:11	1-27:55 2-01:17	4-30:15 9-02:20	4-32:23 1-02:08	4-32:47 3-00:24	32:47	6:54	Joona Huila
5.	Ilkka Nurminen	HS	1-02:21 1-02:21	2-03:12 2-00:51	4-07:31 6-04:19	6-17:05 7-09:34	6-18:08 2-00:03	6-22:25 3-04:17	6-23:15 7-00:50	6-25:06 6-01:51	6-28:02 5-02:56	6-29:27 7-01:25	6-30:50 4-01:23	5-32:09 3-01:19	5-33:41 2-01:32	5-36:05 6-02:24	5-36:31 5-00:26	36:31	7:42	Ilkka Nurminen
6.	Toni Venäläinen	VaHa	7-02:50 7-02:50	6-03:48 7-00:58	5-07:54 5-04:06	5-16:00 5-08:06	5-17:07 7-01:07	5-21:29 4-04:22	5-22:18 5-00:49	5-24:18 7-02:00	5-27:36 8-03:18	5-29:13 9-01:37	5-30:41 7-01:28	6-32:24 7-01:43	6-34:14 5-01:50	6-36:54 7-02:40	6-37:22 8-00:28	37:22	7:52	Toni Venäläinen
7.	Christian Völlm	SUI	10-07:28 10-07:28	10-08:20 4-00:52	10-12:44 7-04:24	10-21:37 6-08:53	10-23:48 10-02:11	10-28:29 7-04:41	10-29:18 5-00:49	10-31:16 6-01:58	8-34:19 6-03:03	8-35:32 2-01:13	8-36:46 4-01:14	7-38:06 4-01:20	7-40:13 8-02:07	7-42:28 3-02:15	7-42:56 8-00:28	42:56	9:03	Christian Völlm
8.	Florian Winkler	SUI	8-03:41 8-03:41	8-04:56 10-01:15	9-09:34 8-04:38	9-21:24 10-11:50	9-22:26 5-01:02	9-28:08 10-05:42	9-29:00 8-00:52	9-31:13 9-02:13	9-34:32 9-03:19	9-35:56 6-01:24	9-37:25 8-01:29	8-39:14 8-01:49	8-41:04 5-01:50	8-43:59 9-02:55	8-44:27 8-00:28	44:27	9:22	Florian Winkler
9.	Teemu Kallio	PirHi	6-02:48 6-02:48	7-03:54 9-01:06	6-08:38 9-04:44	8-19:36 9-10:58	8-21:37 9-02:01	8-26:27 8-04:50	8-27:20 9-00:53	8-29:23 8-02:03	7-32:26 6-03:03	7-33:56 8-01:30	7-35:27 10-01:31	9-41:20 10-05:53	9-43:13 7-01:53	9-46:20 10-03:07	9-46:46 5-00:26	46:46	9:51	Teemu Kallio
10.	Olli-Petteri Hirvonen	TP	3-02:40 3-02:40	4-03:40 8-01:00	7-09:21 10-05:41	7-18:57 8-09:36	7-20:13 8-01:16	7-25:41 9-05:28	7-26:45 10-01:04	7-29:17 10-02:32	10-36:14 10-06:57	10-38:05 10-01:51	10-39:34 8-01:29	10-43:34 9-04:00	10-46:17 10-02:43	10-49:04 8-02:47	10-49:31 7-00:27	49:31	10:26	Olli-Petteri Hirvonen

## H35 3,50 km

		1. (223 m)	2. (164 m)	3. (177 m)	4. (337 m)	5. (644 m)	6. (224 m)	7. (137 m)	8. (345 m)	9. (99 m)	10. (460 m)	11. (513 m)	12. (108 m)	Tulos	(min/km)		
1.	Olli Väättäin	Hiisi	1-01:41 1-01:41	4-03:40 10-01:59	5-05:15 11-01:35	2-07:51 2-02:36	2-12:48 2-04:57	2-14:25 1-01:37	2-15:34 3-01:09	2-18:48 9-03:14	2-19:44 6-00:56	1-22:58 1-03:14	1-26:22 2-03:24	1-26:46 1-00:24	26:46	7:38	Olli Väättäin
2.	Ville-Veikko Nurminen	SuosmSa	4-02:01 4-02:01	5-03:54 9-01:53	4-05:09 5-01:15	4-08:17 4-03:08	5-14:10 6-05:53	4-16:04 5-01:54	4-17:13 3-01:09	4-20:08 7-02:55	3-20:58 4-00:50	2-25:36 6-04:38	2-29:32 6-03:56	2-29:59 3-00:27	29:59	8:34	Ville-Veikko Nurminen
3.	Jere Siivonen	PirHi	9-02:38 9-02:38	10-04:28 8-01:50	10-05:56 10-01:28	8-09:34 5-03:38	7-16:22 8-06:48	7-18:35 11-02:13	7-19:44 3-01:09	7-22:31 2-02:47	7-23:42 10-01:11	4-27:31 5-03:49	3-31:46 8-04:15	3-32:15 6-00:29	32:15	9:12	Jere Siivonen
4.	Tuomo Kivelä	KangSK	2-01:56 2-01:56	2-03:31 4-01:35	1-04:32 1-01:01	1-06:57 1-02:25	1-12:17 4-05:20	1-14:05 2-01:48	1-15:21 1-01:16	1-18:18 8-02:57	1-19:13 5-00:55	6-28:23 11-09:10	4-31:49 3-03:26	4-32:20 8-00:31	32:20	9:14	Tuomo Kivelä
5.	Arto Ranki	AngA	6-02:05 6-02:05	3-03:32 1-01:27	3-04:49 7-01:17	5-09:00 9-04:11	6-15:16 7-06:16	6-17:10 5-01:54	6-18:40 10-01:30	5-21:27 2-02:47	5-22:16 2-00:49	5-27:40 7-05:24	5-31:54 7-04:14	5-32:27 10-00:33	32:27	9:16	Arto Ranki
6.	Petteri Vigren	RaN	7-02:25 7-02:25	8-04:06 6-01:41	7-05:18 3-01:12	3-08:07 3-02:49	3-13:48 5-05:41	3-15:40 4-01:52	3-17:03 8-01:23	6-22:13 10-05:10	6-22:52 1-00:39	3-26:16 2-03:24	6-32:23 11-06:07	6-32:54 8-00:31	32:54	9:24	Petteri Vigren
7.	Harri Rätty	HiKi	8-02:30 8-02:30	6-04:00 3-01:30	6-05:16 6-01:16	6-09:22 7-04:06	4-14:09 1-04:47	5-16:08 8-01:59	5-17:19 6-01:11	3-20:06 2-02:47	4-21:15 9-01:09	7-28:42 8-07:27	7-32:26 4-03:44	7-32:59 10-00:33	32:59	9:25	Harri Rätty
8.	Jimi Ansio	Koovee	9-02:38 9-02:38	9-04:15 5-01:37	9-05:38 9-01:23	9-11:21 10-05:43	11-20:38 10-09:17	11-22:34 7-01:56	11-23:38 1-01:04	10-26:28 5-02:50	10-27:33 8-01:05	8-31:15 4-03:42	8-35:45 9-04:30	8-36:11 2-00:26	36:11	10:20	Jimi Ansio
9.	Tuomas Mäkinen	KanSu	11-05:22 11-05:22	11-07:04 7-01:42	11-08:18 4-01:14	10-12:22 6-04:04	9-19:12 9-06:50	9-21:15 10-02:03	9-22:23 2-01:08	8-25:00 1-02:37	8-25:49 2-00:49	9-33:19 9-07:30	9-36:39 1-03:20	9-37:07 5-00:28	37:07	10:36	Tuomas Mäkinen
10.	Samuli Saarinen	RaN	3-02:00 3-02:00	7-04:01 11-02:01	8-05:19 8-01:18	7-09:27 8-04:08	10-19:31 11-10:04	10-21:31 9-02:00	10-23:05 11-01:34	9-25:56 6-02:51	9-27:20 11-01:24	10-35:26 10-08:06	10-39:13 5-03:47	10-39:43 7-00:30	39:43	11:20	Samuli Saarinen
11.	Teemu Rostedt	Hiisi	4-02:01 4-02:01	1-03:28 1-01:27	1-04:32 2-01:04	11-13:10 11-08:38	8-18:27 3-05:17	8-20:18 3-01:51	8-21:46 9-01:28	11-32:34 11-10:48	11-33:31 7-00:57	11-37:11 3-03:40	11-41:53 10-04:42	11-42:20 3-00:27	42:20	12:05	Teemu Rostedt

## H40 3,50 km

		1. (223 m)	2. (164 m)	3. (177 m)	4. (337 m)	5. (644 m)	6. (224 m)	7. (137 m)	8. (345 m)	9. (99 m)	10. (460 m)	11. (513 m)	12. (108 m)	Tulos	(min/km)		
1.	Jari Niemenmaa	IkNV	4-02:24 4-02:24	1-04:01 1-01:37	1-05:16 2-01:15	1-08:23 1-03:07	1-13:35 1-05:12	1-15:27 2-01:52	1-16:42 2-01:15	1-19:17 1-02:35	1-20:34 3-01:17	1-24:04 2-03:30	1-28:04 3-04:00	1-28:24 1-00:20	28:24	8:06	Jari Niemenmaa
2.	Tuomas Väinä	KanSu	2-02:13 2-02:13	2-04:36 3-02:23	2-06:19 3-01:43	2-09:32 2-03:13	2-15:06 2-05:34	2-17:22 3-02:16	2-19:30 4-02:08	2-23:24 2-03:54	2-24:44 4-01:20	2-28:03 1-03:19	2-32:12 4-04:09	2-32:41 2-00:29	32:41	9:20	Tuomas Väinä
3.	Juha Järvenpää	HS	1-02:00 1-02:00	4-05:14 5-03:14	3-06:21 1-01:07	5-14:06 5-07:45	5-22:06 5-08:00	5-23:57 1-01:51	5-25:17 3-01:20	4-32:03 4-06:46	3-32:59 1-00:56	3-38:17 3-05:18	3-42:08 2-03:51	3-42:39 4-00:31	42:39	12:11	Juha Järvenpää
4.	Markus Ritala	TP	3-02:18 3-02:18	3-04:49 4-02:31	4-06:46 4-01:57	3-10:38 3-03:52	3-17:26 3-06:48	3-21:10 5-03:44	3-22:21 1-01:11	3-29:03 3-06:42	4-33:17 5-04:14	4-41:38 4-08:21	4-45:23 1-03:45	4-45:54 4-00:31	45:54	13:06	Markus Ritala
5.	Marko Toivo	MusNe	5-02:55 5-02:55	4-05:14 2-02:19	5-08:09 5-02:55	4-12:35 4-04:26	4-19:37 4-07:02	4-22:13 4-02:36	4-24:26 5-02:13	5-34:24 5-09:58	5-35:35 2-01:11	5-46:05 5-10:30	5-53:38 5-07:33	5-54:07 2-00:29	54:07	15:27	Marko Toivo

**H45 3,50 km**

			1. (223 m)	2. (164 m)	3. (177 m)	4. (337 m)	5. (644 m)	6. (224 m)	7. (137 m)	8. (345 m)	9. (99 m)	10. (460 m)	11. (513 m)	12. (108 m)	Tulos	(min/km)	
1.	Jussi Seppälä	LLuja	1-02:01 1-02:01	1-03:43 1-01:42	1-05:31 4-01:48	2-09:21 3-03:50	3-19:37 4-10:16	3-22:03 2-02:26	1-23:20 1-01:17	1-26:33 1-03:13	1-27:32 2-00:59	1-31:08 1-03:36	1-35:24 2-04:16	1-35:48 1-00:24	35:48	10:13	Jussi Seppälä
2.	Petri Teerikoski	LLuja	3-02:33 3-02:33	2-04:29 3-01:56	2-05:42 1-01:13	1-08:34 1-02:52	2-18:48 3-10:14	2-20:38 1-01:50	2-23:21 3-02:43	2-27:20 2-03:59	2-28:07 1-00:47	2-35:32 2-07:25	2-40:48 3-05:16	2-41:23 3-00:35	41:23	11:49	Petri Teerikoski
3.	Timo Mustikkamaa	RaN	4-02:37 4-02:37	4-05:18 6-02:41	4-07:34 5-02:16	4-12:09 4-04:35	4-20:33 2-08:24	4-25:38 4-05:05	4-27:36 2-01:58	4-32:16 5-04:40	4-33:39 2-01:23	3-45:16 4-11:37	3-50:53 4-05:37	3-51:21 2-00:28	51:21	14:40	Timo Mustikkamaa
4.	Heikki Tukiainen	TP	2-02:11 2-02:11	3-04:43 5-02:32	3-06:05 3-01:22	5-12:50 5-06:45	5-37:01 5-24:11	5-45:51 5-08:50	5-50:04 4-04:13	5-54:06 4-04:02	5-55:20 4-01:14	4-1:03:57 3-08:37	4-1:08:02 1-04:05	4-1:08:41 4-00:39	1:08:41	19:37	Heikki Tukiainen
	Risto Koivula	UlvUra	6-04:37 6-04:37	6-06:24 2-01:47	5-07:39 2-01:15	3-11:09 2-03:30	1-17:02 1-05:53	1-20:16 3-03:14	3-26:22 5-06:06	3-30:21 2-03:59	3-31:32 3-01:11			0-48:52	Kesk.		Risto Koivula
	Jarkko Raukola	KanSu	5-02:52 5-02:52	5-05:19 4-02:27	6-10:03 6-04:44	6-18:32 6-08:29								0-24:56	Kesk.		Jarkko Raukola

**H50 2,92 km**

			1. (318 m)	2. (246 m)	3. (644 m)	4. (193 m)	5. (224 m)	6. (202 m)	7. (128 m)	8. (403 m)	9. (378 m)	10. (108 m)	Tulos	(min/km)	
1.	Jarmo Reiman	AngA	4-03:01 4-03:01	3-05:03 2-02:02	2-10:13 2-05:10	2-12:09 2-01:56	2-13:59 2-01:50	2-15:47 3-01:48	2-17:06 3-01:19	1-20:30 2-03:24	1-23:16 2-02:46	1-23:46 5-00:30	23:46	8:08	Jarmo Reiman
2.	Vesa Mäkelä	RasKa	2-02:33 2-02:33	2-04:41 4-02:08	3-10:52 7-06:11	3-12:42 1-01:50	3-14:44 3-02:02	3-16:21 2-01:37	3-17:44 4-01:23	2-20:49 1-03:05	2-23:41 3-02:52	2-24:07 2-00:26	24:07	8:15	Vesa Mäkelä
3.	Vesa Ruuska	KangSK	3-02:51 3-02:51	5-06:06 8-03:15	5-12:31 8-06:25	6-14:40 7-02:09	5-16:42 3-02:02	5-19:00 8-02:18	4-20:23 4-01:23	3-24:27 5-04:04	3-27:47 5-03:20	3-28:18 6-00:31	28:18	9:41	Vesa Ruuska
4.	Mika Numminen	UrjU	1-02:24 1-02:24	1-04:27 3-02:03	1-09:13 1-04:46	1-11:22 7-02:09	1-12:52 1-01:30	1-14:24 1-01:32	1-15:30 1-01:06	5-25:53 10-10:23	4-28:07 1-02:14	4-28:35 3-00:28	28:35	9:47	Mika Numminen
5.	Jukka Oksanen	RasKa	6-03:08 6-03:08	6-06:54 10-03:46	6-12:33 4-05:39	5-14:39 6-02:06	6-16:56 7-02:17	6-19:04 6-02:08	5-20:39 7-01:35	4-25:03 7-04:24	5-28:13 4-03:10	5-28:44 6-00:31	28:44	9:50	Jukka Oksanen
6.	Petri Hirvonen	EE	7-03:34 7-03:34	9-07:32 11-03:58	8-14:48 9-07:16	7-16:47 3-01:59	7-19:02 7-02:15	7-21:15 7-02:13	6-22:32 2-01:17	6-26:38 6-04:06	6-30:14 6-03:36	6-30:43 4-00:29	30:43	10:31	Petri Hirvonen
7.	Jyrki Simovaara	EsAk	5-03:05 5-03:05	4-05:35 6-02:30	4-10:56 3-05:21	4-13:01 4-02:05	4-16:08 10-03:07	4-18:33 10-02:25	7-24:54 9-06:21	7-28:23 3-03:29	7-31:54 7-03:31	7-32:19 1-00:25	32:19	11:04	Jyrki Simovaara
8.	Jyrki Nieminen	LHR	11-11:22 11-11:22	11-14:40 9-03:18	9-20:37 6-05:57	9-22:42 4-02:05	9-25:10 8-02:28	9-27:10 5-02:00	8-28:41 6-01:31	8-32:26 4-03:45	8-35:51 6-03:25	8-36:30 11-00:39	36:30	12:30	Jyrki Nieminen
9.	Harri Vehkalahti	IkNV	8-04:19 8-04:19	8-07:26 7-03:07	10-24:40 10-17:14	10-27:07 9-02:27	10-29:43 9-02:36	10-32:02 9-02:19	9-33:55 8-01:53	9-38:26 8-04:31	9-42:28 10-04:02	9-43:02 9-00:34	43:02	14:44	Harri Vehkalahti
10.	Jukka Kinnari	SuJu	9-05:04 9-05:04	7-07:13 5-02:09	7-12:52 4-05:39	8-19:56 10-07:04	8-22:08 5-02:12	8-24:00 4-01:52	10-35:50 10-11:50	10-40:39 9-04:49	10-44:25 9-03:46	10-44:58 8-00:33	44:58	15:23	Jukka Kinnari
	Sakari Taskila	LeSi	10-08:54 10-08:54	10-10:50 1-01:56							0-26:51	0-27:25 9-00:34	Hyl.		Sakari Taskila

**H55 2,92 km**

			1. (318 m)	2. (246 m)	3. (644 m)	4. (193 m)	5. (224 m)	6. (202 m)	7. (128 m)	8. (403 m)	9. (378 m)	10. (108 m)	Tulos	(min/km)	
1.	Mika Lammi	LaJy	1-02:26 1-02:26	2-04:51 6-02:25	1-10:00 1-05:09	1-11:48 2-01:48	1-13:49 4-02:01	1-15:30 1-01:41	1-16:49 2-01:19	1-20:06 1-03:17	1-23:17 7-03:11	1-23:48 3-00:31	23:48	8:09	Mika Lammi
2.	Jukka Kallio	TP	4-02:58 4-02:58	3-04:57 2-01:59	4-11:06 4-06:09	3-12:56 3-01:50	3-14:38 1-01:42	3-16:39 5-02:01	3-17:58 2-01:19	2-21:31 4-03:33	2-24:05 1-02:34	2-24:32 1-00:27	24:32	8:24	Jukka Kallio
3.	Harri Hintsanen	IHR	6-03:17 6-03:17	5-05:22 3-02:05	3-10:45 2-05:23	2-12:23 1-01:38	2-14:21 3-01:58	2-16:08 2-01:47	2-17:57 9-01:59	3-22:25 8-04:28	3-25:27 6-03:02	3-26:05 9-00:38	26:05	8:55	Harri Hintsanen
4.	Jussi Elo	LaJy	8-03:36 8-03:36	8-06:19 9-02:43	7-12:57 6-06:38	5-14:47 3-01:50	5-16:48 4-02:01	5-18:43 4-01:55	5-20:04 4-01:21	4-23:34 3-03:30	4-26:22 3-02:48	4-26:58 7-00:36	26:58	9:14	Jussi Elo
5.	Jouko Huuhka	KanSu	3-02:55 3-02:55	4-05:19 5-02:24	5-11:37 5-06:18	4-13:54 6-02:17	4-15:47 2-01:53	4-18:07 6-02:20	4-19:39 6-01:32	5-23:37 6-03:58	5-26:31 4-02:54	5-27:01 2-00:30	27:01	9:15	Jouko Huuhka
6.	Juha-Pekka Harju	TP	2-02:35 2-02:35	1-04:32 1-01:57	2-10:13 3-05:41	8-18:56 9-08:43	8-20:58 6-02:02	8-22:49 3-01:51	8-24:12 5-01:23	7-27:32 2-03:20	6-30:19 2-02:47	6-30:53 5-00:34	30:53	10:34	Juha-Pekka Harju
7.	Ossi Huhtanen	TP	5-03:16 5-03:16	7-05:52 8-02:36	6-12:30 6-06:38	6-16:07 8-03:37	6-18:24 8-02:17	6-21:00 9-02:36	6-22:36 7-01:36	6-26:54 7-04:18	7-30:32 9-03:38	7-31:10 9-00:38	31:10	10:40	Ossi Huhtanen
8.	Jari Toivonen	EE	10-07:32 10-07:32	10-09:57 6-02:25	9-17:04 8-07:07	9-19:04 5-02:00	9-21:33 10-02:29	9-24:08 8-02:35	9-26:04 10-01:56	8-29:38 5-03:34	8-32:35 5-02:57	8-33:09 5-00:34	33:09	11:21	Jari Toivonen
9.	Jyrki Kiviniitty	EsAk	7-03:32 7-03:32	6-05:42 4-02:10	8-14:12 9-08:30	7-16:30 7-02:18	7-18:50 9-02:20	7-21:55 10-03:05	7-23:12 1-01:17	9-32:44 10-09:32	9-36:02 8-03:18	9-36:39 8-00:37	36:39	12:33	Jyrki Kiviniitty
10.	Timo Koivisto	KoKV	9-05:14 9-05:14	9-07:58 10-02:44	10-17:49 10-09:51	10-42:43 10-24:54	10-44:58 7-02:15	10-47:24 7-02:26	10-49:08 8-01:44	10-55:31 9-06:23	10-59:48 10-04:17	10-1:00:21 4-00:33	1:00:21	20:40	Timo Koivisto

**H60 2,83 km**

		1. (223 m)	2. (125 m)	3. (337 m)	4. (668 m)	5. (193 m)	6. (218 m)	7. (154 m)	8. (357 m)	9. (378 m)	10. (108 m)	Tulos (min/km)			
1.	Simo Valtanen	HinnYr	5-02:23 5-02:23	2-03:34 2-01:11	4-06:56 4-03:22	1-13:29 1-06:33	1-15:33 8-02:04	1-17:26 1-01:53	1-18:52 2-01:26	1-22:16 1-03:24	1-25:40 6-03:24	1-26:10 4-00:30	26:10	9:14	Simo Valtanen
2.	Tommi Granholm	Koovee	4-02:20 4-02:20	3-03:36 3-01:16	1-06:39 1-03:03	2-13:41 2-07:02	2-15:41 6-02:00	2-18:04 6-02:23	2-19:40 8-01:36	2-24:40 11-05:00	2-27:59 5-03:19	2-28:28 2-00:29	28:28	10:03	Tommi Granholm
3.	Esko Nummi	PunKu	2-02:12 2-02:12	4-03:37 6-01:25	2-06:40 1-03:03	3-15:39 7-08:59	3-17:31 3-01:52	3-19:37 3-02:06	3-21:10 6-01:33	3-25:06 5-03:56	3-28:05 3-02:59	3-28:34 2-00:29	28:34	10:05	Esko Nummi
4.	timo asikainen	Hiisi	6-02:25 6-02:25	5-03:43 4-01:18	5-07:33 7-03:50	4-15:43 5-08:10	5-17:38 4-01:55	4-19:39 2-02:01	4-21:14 7-01:35	5-25:13 6-03:59	4-28:44 7-03:31	4-29:21 9-00:37	29:21	10:22	timo asikainen
5.	Hannu Vehmaa	Koovee	9-02:33 9-02:33	8-03:59 7-01:26	7-07:58 8-03:59	5-15:46 4-07:48	4-17:34 2-01:48	5-19:58 7-02:24	5-21:29 5-01:31	4-25:09 2-03:40	5-29:42 11-04:33	5-30:15 6-00:33	30:15	10:41	Hannu Vehmaa
6.	Leo Ukkonen	TP	8-02:30 8-02:30	9-04:03 8-01:33	11-09:08 11-05:05	7-17:46 6-08:38	7-19:43 5-01:57	8-22:11 8-02:28	7-23:49 9-01:38	8-28:08 10-04:19	8-31:02 2-02:54	6-31:30 1-00:28	31:30	11:07	Leo Ukkonen
7.	Markku Helle	SaPu	3-02:16 3-02:16	6-03:52 9-01:36	6-07:40 6-03:48	9-18:15 11-10:35	9-20:24 9-02:09	9-22:54 9-02:30	8-24:23 3-01:29	7-28:06 3-03:43	6-30:55 1-02:49	7-31:31 8-00:36	31:31	11:08	Markku Helle
8.	Mikko Knuutila	Hiisi	12-03:03 12-03:03	12-05:27 15-02:24	9-08:47 3-03:20	8-17:51 8-09:04	8-19:51 6-02:00	7-21:57 3-02:06	6-23:27 4-01:30	6-27:18 4-03:51	7-30:58 8-03:40	8-31:38 12-00:40	31:38	11:10	Mikko Knuutila
9.	Juha Kuivala	TuS	11-02:51 11-02:51	11-04:31 10-01:40	12-10:30 14-05:59	12-20:22 9-09:52	11-22:56 11-02:34	11-25:32 11-02:36	9-27:15 10-01:43	9-31:31 9-04:16	9-35:40 10-04:09	9-36:17 9-00:37	36:17	12:49	Juha Kuivala
10.	Esa Toivonen	TarpSu	1-02:02 1-02:02	10-04:25 14-02:23	10-09:07 10-04:42	6-16:50 3-07:43	6-18:37 1-01:47	6-20:43 3-02:06	10-31:15 15-10:32	10-35:14 6-03:59	10-39:14 9-04:00	10-39:47 6-00:33	39:47	14:03	Esa Toivonen
11.	Mikko Numminen	EE	13-03:25 13-03:25	13-05:42 12-02:17	13-10:47 11-05:05	13-23:39 16-12:52	13-27:18 15-03:39	12-31:01 13-03:43	11-33:40 12-02:39	12-39:26 14-05:46	11-44:34 13-05:08	11-45:18 14-00:44	45:18	16:00	Mikko Numminen
12.	Pentti Kuusela	PunKu	14-03:53 14-03:53	14-05:52 11-01:59	14-11:10 13-05:18	14-23:40 15-12:30	12-26:56 13-03:16	13-31:11 15-04:15	13-33:53 13-02:42	13-39:38 13-05:45	12-44:57 14-05:19	12-45:46 15-00:49	45:46	16:10	Pentti Kuusela
13.	Harri Koski	TarpSu	16-04:27 16-04:27	16-07:21 16-02:54	16-13:28 15-06:07	16-25:32 14-12:04	15-28:54 14-03:22	15-33:00 14-04:06	15-35:43 14-02:43	14-42:18 15-06:35	13-47:08 12-04:50	13-47:48 12-00:40	47:48	16:53	Harri Koski
14.	Harri Viitasalo	RiSu	15-04:11 15-04:11	15-06:28 12-02:17	15-12:48 16-06:20	15-24:43 13-11:55	14-27:53 12-03:10	14-31:18 12-03:25	12-33:47 11-02:29	11-38:55 12-05:08	14-52:45 15-13:50	14-53:22 9-00:37	53:22	18:51	Harri Viitasalo
	Jouko Malinen	RR	7-02:28 7-02:28	1-03:30 1-01:02	3-06:53 5-03:23	11-18:33 12-11:40		0-24:24	0-25:45 1-01:21	0-30:00 8-04:15	0-33:06 4-03:06	0-33:38 5-00:32	Hyl.		Jouko Malinen
	Esko Jalanto	KangSK	10-02:37 10-02:37	7-03:56 5-01:19	8-08:22 9-04:26	10-18:31 10-10:09	10-20:44 10-02:13	10-23:17 10-02:33	14-34:39 16-11:22			0-50:32	Kesk.		Esko Jalanto

## H65 2,51 km

		1. (223 m)	2. (322 m)	3. (143 m)	4. (548 m)	5. (167 m)	6. (150 m)	7. (327 m)	8. (449 m)	9. (108 m)	Tulos (min/km)			
1.	Kari Haataja	TuMe	1-02:00 1-02:00	1-05:18 3-03:18	1-06:40 1-01:22	2-12:01 4-05:21	1-14:00 5-01:59	1-15:58 20-01:58	1-19:20 4-03:22	1-23:24 4-04:04	1-23:58 11-00:34	23:58	9:32	Kari Haataja
2.	Arto Kiiskinen	TP	2-02:05 2-02:05	2-05:20 2-03:15	2-06:55 5-01:35	1-11:59 1-05:04	2-15:14 23-03:15	2-16:53 9-01:39	2-20:23 5-03:30	2-24:45 6-04:22	2-25:17 5-00:32	25:17	10:04	Arto Kiiskinen
3.	Antero Laakso	SuosmSa	3-02:10 3-02:10	3-05:24 1-03:14	3-07:04 8-01:40	3-12:10 3-05:06	6-17:13 24-05:03	6-18:36 1-01:23	5-21:54 3-03:18	3-25:56 3-04:02	3-26:34 16-00:38	26:34	10:35	Antero Laakso
4.	Erkki Ylikoski	VaHa	8-02:29 8-02:29	16-07:22 18-04:53	15-08:59 6-01:37	4-14:03 1-05:04	3-15:58 3-01:55	3-17:45 14-01:47	3-21:17 6-03:32	4-26:05 10-04:48	4-26:37 5-00:32	26:37	10:36	Erkki Ylikoski
5.	Rauli Helkkula	TuMe	9-02:30 9-02:30	7-06:22 9-03:52	6-07:54 4-01:32	7-15:23 11-07:29	7-17:21 4-01:58	7-18:49 2-01:28	6-21:59 1-03:10	5-26:21 6-04:22	5-26:58 15-00:37	26:58	10:44	Rauli Helkkula
6.	Heikki Lepistö	OrPo	10-02:33 10-02:33	6-06:09 4-03:36	10-08:34 23-02:25	6-14:41 6-06:07	5-16:34 1-01:53	5-18:10 7-01:36	4-21:43 7-03:33	6-27:02 16-05:19	6-27:34 5-00:32	27:34	10:58	Heikki Lepistö
7.	Matti Viinikka	KauKa	7-02:25 7-02:25	4-06:01 4-03:36	4-07:39 7-01:38	8-15:33 13-07:54	9-17:44 13-02:11	8-19:17 5-01:33	8-23:16 14-03:59	7-27:16 2-04:00	7-27:48 5-00:32	27:48	11:04	Matti Viinikka
8.	Esa Laine	TP	20-03:03 20-03:03	15-07:09 13-04:06	15-08:59 13-01:50	12-15:48 8-06:49	11-17:58 12-02:10	9-19:45 14-01:47	7-23:00 2-03:15	8-27:26 8-04:26	8-27:54 1-00:28	27:54	11:06	Esa Laine
9.	Keijo Hongisto	LoJa	23-03:27 23-03:27	16-07:22 10-03:55	18-09:02 8-01:40	9-15:35 7-06:33	8-17:34 5-01:59	10-20:17 22-02:43	9-24:05 10-03:48	9-28:50 9-04:45	9-29:21 4-00:31	29:21	11:41	Keijo Hongisto
10.	Ola Ritala	EE	4-02:23 4-02:23	11-06:51 16-04:28	8-08:19 2-01:28	16-17:30 15-09:11	16-19:54 18-02:24	14-21:26 4-01:32	12-25:10 8-03:44	10-29:01 1-03:51	10-29:33 5-00:32	29:33	11:46	Ola Ritala
11.	Ari Ovaska	EE	6-02:24 6-02:24	5-06:07 6-03:43	5-07:49 12-01:42	15-17:16 17-09:27	14-19:24 10-02:08	12-21:09 13-01:45	11-24:57 10-03:48	11-29:10 5-04:13	11-29:44 11-00:34	29:44	11:50	Ari Ovaska
12.	Markku Rajala	PäLuLu	13-02:39 13-02:39	10-06:44 12-04:05	11-08:37 17-01:53	13-16:16 12-07:39	13-18:44 19-02:28	11-20:24 10-01:40	10-24:27 16-04:03	12-29:27 12-05:00	12-30:01 11-00:34	30:01	11:57	Markku Rajala
13.	Risto Suominen	SuSi	20-03:03 20-03:03	14-07:04 11-04:01	14-08:57 17-01:53	14-17:10 14-08:13	15-19:38 19-02:28	13-21:20 11-01:42	13-26:16 21-04:56	13-31:54 21-05:38	13-32:34 18-00:40	32:34	12:58	Risto Suominen
14.	Kaj Koskinen	VaHa	16-02:43 16-02:43	13-07:01 14-04:18	15-08:59 20-01:58	17-19:21 19-10:22	17-21:30 11-02:09	15-23:19 17-01:49	14-27:19 15-04:00	14-32:38 16-05:19	14-33:18 18-00:40	33:18	13:16	Kaj Koskinen
15.	Markku Nurminen	SuosmSa	14-02:41 14-02:41	9-06:28 7-03:47	9-08:26 20-01:58	10-15:38 10-07:12	9-17:44 9-02:06	17-24:42 24-06:58	16-28:35 12-03:53	15-34:53 22-06:18	15-35:25 5-00:32	35:25	14:06	Markku Nurminen

16.	Markku Huikkola	KangSK	12-02:37 12-02:37	12-06:55 14-04:18	12-08:46 14-01:51	11-15:46 9-07:00	12-18:02 14-02:16	16-24:35 23-06:33	15-28:29 13-03:54	16-34:56 24-06:27	16-35:36 18-00:40	35:36	14:10	Markku Huikkola
17.	Ralf Eklund	RaLu	15-02:42 15-02:42	21-10:45 21-08:03	22-13:53 24-03:08	20-24:47 20-10:54	19-26:51 8-02:04	19-28:26 6-01:35	17-33:00 20-04:34	18-38:25 19-05:25	17-38:59 11-00:34	38:59	15:31	Ralf Eklund
18.	Hannu Kuivala	TuS	17-02:55 17-02:55	19-07:35 17-04:40	19-09:28 17-01:53	19-24:43 22-15:15	20-27:04 16-02:21	20-28:48 12-01:44	18-33:20 19-04:32	17-38:24 13-05:04	18-39:03 17-00:39	39:03	15:33	Hannu Kuivala
19.	Jussi Lavikainen	KangSK	11-02:36 11-02:36	8-06:26 8-03:50	7-08:06 8-01:40	21-26:28 23-18:22	21-28:30 7-02:02	21-30:18 16-01:48	20-34:04 9-03:46	19-39:21 15-05:17	19-40:03 22-00:42	40:03	15:57	Jussi Lavikainen
20.	Markku Ritanotko	TuMe	4-02:23 4-02:23	16-07:22 19-04:59	13-08:53 3-01:31	5-14:40 5-05:47	4-16:33 1-01:53	4-18:03 3-01:30	21-34:46 25-16:43	20-39:35 11-04:49	20-40:16 21-00:41	40:16	16:02	Markku Ritanotko
21.	Kai Hakanen	ValSu	22-03:25 22-03:25	22-11:50 23-08:25	21-13:42 16-01:52	18-23:05 16-09:23	18-25:55 22-02:50	18-28:08 21-02:13	19-33:38 22-05:30	21-40:04 23-06:26	21-40:56 24-00:52	40:56	16:18	Kai Hakanen
22.	Seppo Terävä	XYZ	24-04:27 24-04:27	23-12:51 22-08:24	23-15:13 22-02:22	22-26:36 21-11:23	22-28:53 15-02:17	22-30:43 18-01:50	22-35:02 18-04:19	22-40:30 20-05:28	22-40:59 2-00:29	40:59	16:19	Seppo Terävä
23.	Reijo Hirvelä	SuosmSa	19-03:02 19-03:02	24-15:43 25-12:41	24-17:23 8-01:40	23-27:34 18-10:11	23-30:08 21-02:34	23-31:44 7-01:36	23-35:48 17-04:04	23-40:52 13-05:04	23-41:21 2-00:29	41:21	16:28	Reijo Hirvelä
24.	Erkki Pulkkinen	RaLu	18-03:01 18-03:01	20-09:18 20-06:17	20-11:09 14-01:51	24-35:50 24-24:41	24-38:11 16-02:21	24-40:04 19-01:53	24-46:16 23-06:12	24-51:39 18-05:23	24-52:21 22-00:42	52:21	20:51	Erkki Pulkkinen
	Pertti Järvistö	ValSu	25-06:16 25-06:16	25-17:09 24-10:53	25-20:27 25-03:18		0-41:51	0-48:45 24-06:54	0-57:44 25-08:59	0-58:52 25-01:08		Kesk.		Pertti Järvistö

## H70 2,35 km

			1. (372 m)	2. (540 m)	3. (182 m)	4. (202 m)	5. (168 m)	6. (169 m)	7. (381 m)	8. (155 m)	9. (108 m)	Tulos	(min/km)	
1.	Reino Ansamaa	RaN	11-05:31 11-05:31	2-10:03 1-04:32	2-12:12 9-02:09	2-14:02 1-01:50	2-16:00 1-01:58	2-17:50 3-01:50	1-22:16 2-04:26	1-24:00 13-01:44	1-24:36 5-00:36	24:36	10:28	Reino Ansamaa
2.	Kalevi Moisio	TuS	12-05:33 12-05:33	5-11:07 4-05:34	4-13:09 3-02:02	3-15:21 6-02:12	4-17:56 11-02:35	3-19:57 8-02:01	2-24:32 3-04:35	2-26:02 5-01:30	2-26:42 13-00:40	26:42	11:21	Kalevi Moisio
3.	Seppo Kaarnijärvi	OrPo	3-04:50 3-04:50	3-10:41 6-05:51	6-13:13 17-02:32	4-15:31 9-02:18	3-17:55 8-02:24	4-20:01 10-02:06	3-25:24 10-05:23	3-27:09 15-01:45	3-27:51 17-00:42	27:51	11:51	Seppo Kaarnijärvi
4.	Matti Hahto	OrPo	14-05:45 14-05:45	12-12:59 15-07:14	9-15:06 7-02:07	8-17:12 5-02:06	6-19:33 5-02:21	6-21:44 14-02:11	4-26:47 5-05:03	4-28:31 13-01:44	4-29:10 12-00:39	29:10	12:24	Matti Hahto
5.	Tapio Lindstedt	OrPo	21-06:34 21-06:34	14-13:07 10-06:33	10-15:09 3-02:02	9-17:29 10-02:20	7-19:55 9-02:26	7-22:01 10-02:06	5-27:11 6-05:10	5-28:46 9-01:35	5-29:20 3-00:34	29:20	12:28	Tapio Lindstedt
6.	Timo Turpeinen	VaajTe	1-03:58 1-03:58	1-09:22 3-05:24	1-10:56 1-01:34	1-12:57 3-02:01	1-15:07 2-02:10	1-16:49 2-01:42	8-28:02 25-11:13	6-29:20 1-01:18	6-29:58 9-00:38	29:58	12:45	Timo Turpeinen
7.	Keijo Viljanen	LoJa	10-05:28 10-05:28	9-12:06 11-06:38	8-14:27 14-02:21	6-16:41 7-02:14	5-19:09 10-02:28	5-21:34 18-02:25	6-27:41 13-06:07	7-29:26 15-01:45	7-30:20 25-00:54	30:20	12:54	Keijo Viljanen
8.	Heikki Heinonen	LHR	15-05:48 15-05:48	8-11:59 9-06:11	7-14:24 16-02:25	5-16:40 8-02:16	8-20:19 23-03:39	8-22:33 16-02:14	7-27:52 8-05:19	8-29:57 22-02:05	8-30:32 4-00:35	30:32	12:59	Heikki Heinonen
9.	Tapio Leino	HS	23-07:07 23-07:07	19-13:47 12-06:40	19-16:26 18-02:39	14-19:00 12-02:34	12-21:38 14-02:38	12-23:50 15-02:12	9-29:05 7-05:15	9-30:45 10-01:40	9-31:27 17-00:42	31:27	13:22	Tapio Leino
10.	Antero Kärkkäinen	RaLu	13-05:43 13-05:43	13-13:04 16-07:21	11-15:21 12-02:17	10-17:45 11-02:24	9-20:22 13-02:37	10-23:16 24-02:54	10-29:31 15-06:15	10-31:13 11-01:42	10-31:55 17-00:42	31:55	13:34	Antero Kärkkäinen
11.	Heimo Hongisto	LoJa	16-05:49 16-05:49	6-11:08 2-05:19	5-13:10 3-02:02	7-16:47 19-03:37	18-23:09 26-06:22	17-25:13 9-02:04	11-29:48 3-04:35	11-31:20 8-01:32	11-31:56 5-00:36	31:56	13:35	Heimo Hongisto
12.	Matti Haarajoki	TP	19-06:15 19-06:15	18-13:44 19-07:29	15-16:03 13-02:19	12-18:48 16-02:45	20-23:57 25-05:09	19-25:54 5-01:57	15-31:25 11-05:31	13-32:55 5-01:30	12-33:24 1-00:29	33:24	14:12	Matti Haarajoki
13.	Kalle Virtanen	RaLu	25-07:25 25-07:25	21-14:52 18-07:27	20-16:56 6-02:04	18-19:59 17-03:03	16-22:34 11-02:35	16-25:05 19-02:31	12-30:53 12-05:48	15-33:03 23-02:10	13-33:39 5-00:36	33:39	14:19	Kalle Virtanen
	Jaakko Hörkkö	MSParma	2-04:35 2-04:35	24-17:05 25-12:30	22-19:02 2-01:57	19-20:52 1-01:50	17-23:06 3-02:14	15-24:46 1-01:40	17-31:33 17-06:47	14-32:59 3-01:26	13-33:39 13-00:40	33:39	14:19	Jaakko Hörkkö
15.	Pertti Euren	RasKa	9-05:17 9-05:17	20-14:08 21-08:51	17-16:18 10-02:10	11-18:19 3-02:01	10-20:41 6-02:22	9-22:51 13-02:10	16-31:28 21-08:37	12-32:53 2-01:25	15-33:40 21-00:47	33:40	14:19	Pertti Euren
16.	Jaakko Laine	HS	20-06:28 20-06:28	10-12:11 5-05:43	14-15:54 24-03:43	16-19:01 18-03:07	14-21:49 18-02:48	14-24:39 23-02:50	14-31:15 16-06:36	16-33:10 20-01:55	16-33:42 2-00:32	33:42	14:20	Jaakko Laine
17.	Harri Kuosa	LoJa	17-05:59 17-05:59	16-13:23 17-07:24	16-16:16 21-02:53	14-19:00 15-02:44	13-21:43 16-02:43	13-24:22 21-02:39	13-31:10 18-06:48	17-33:22 24-02:12	17-34:00 9-00:38	34:00	14:28	Harri Kuosa
18.	Tapio Lahtonen	TP	4-04:53 4-04:53	7-11:49 14-06:56	20-16:56 25-05:07	20-20:55 21-03:59	19-23:33 14-02:38	18-25:40 12-02:07	18-31:52 14-06:12	18-33:34 11-01:42	18-34:18 20-00:44	34:18	14:35	Tapio Lahtonen
19.	Olli Kares	EuVe	5-04:54 5-04:54	4-10:59 7-06:05	3-13:06 7-02:07	17-19:02 23-05:56	11-21:25 7-02:23	11-23:23 6-01:58	19-32:42 23-09:19	19-34:35 18-01:53	19-35:13 9-00:38	35:13	14:59	Olli Kares
20.	Erkki Kallio	LoJa	7-05:12 7-05:12	25-18:30 26-13:18	24-20:51 14-02:21	25-25:51 22-05:00	25-29:13 20-03:22	24-31:13 7-02:00	21-35:31 1-04:18	20-36:58 4-01:27	20-37:34 5-00:36	37:34	15:59	Erkki Kallio
21.	Kalle Heino	EE	18-06:03 18-06:03	11-12:50 13-06:47	13-15:38 20-02:48	21-22:55 24-07:17	21-25:13 4-02:18	20-27:04 4-01:51	20-35:28 19-08:24	21-37:22 19-01:54	21-38:03 15-00:41	38:03	16:11	Kalle Heino
22.	Kauko Keränen	UrjU	6-05:00 6-05:00	22-15:17 23-10:17	26-21:58 26-06:41	24-24:33 13-02:35	24-29:08 24-04:35	25-31:31 17-02:23	22-36:50 8-05:19	22-38:20 5-01:30	22-39:10 23-00:50	39:10	16:40	Kauko Keränen

23.	Tapani Torpo	KanSu	26-07:28 26-07:28	17-13:36 8-06:08	18-16:23 19-02:47	13-18:59 14-02:36	15-22:02 19-03:03	21-27:58 26-05:56	23-37:21 24-09:23	23-39:24 21-02:03	23-40:19 26-00:55	40:19	17:09	Tapani Torpo
24.	Pentti Immanen	OrPo	8-05:15 8-05:15	15-13:15 20-08:00	12-15:29 11-02:14	22-23:26 25-07:57	22-26:11 17-02:45	22-28:50 21-02:39	24-37:54 22-09:04	24-40:34 26-02:40	24-41:15 15-00:41	41:15	17:33	Pentti Immanen
25.	Pentti Mäki	RasKa	24-07:15 24-07:15	23-16:42 22-09:27	23-20:18 23-03:36	23-24:00 20-03:42	23-27:23 21-03:23	23-30:31 25-03:08	25-39:01 20-08:30	25-41:13 24-02:12	25-42:00 21-00:47	42:00	17:52	Pentti Mäki
26.	Severi Halkosaari	NiS	22-06:47 22-06:47	26-18:53 24-12:06	25-21:54 22-03:01	26-34:52 26-12:58	26-38:29 22-03:37	26-41:01 20-02:32	26-55:12 26-14:11	26-57:03 17-01:51	26-57:53 23-00:50	57:53	24:37	Severi Halkosaari
	Pentti Koivisto	TP										Kesk.		Pentti Koivisto

## H75 1,83 km

			1. (172 m)	2. (586 m)	3. (93 m)	4. (113 m)	5. (215 m)	6. (318 m)	7. (155 m)	8. (108 m)	Tulos (min/km)			
1.	Erkki Laine	AngA	1-02:18 1-02:18	2-10:07 2-07:49	2-11:47 3-01:40	2-13:08 1-01:21	1-16:07 1-02:59	1-20:42 1-04:35	1-22:05 1-01:23	1-22:40 1-00:35	22:40	12:23	Erkki Laine	
2.	Matti Rajamäki	KyRa	2-02:43 2-02:43	1-08:54 1-06:11	1-10:22 1-01:28	1-11:46 2-01:24	2-16:18 5-04:32	2-24:47 4-08:29	2-26:27 3-01:40	2-27:03 3-00:36	27:03	14:46	Matti Rajamäki	
3.	Vesa Paavola	EE	3-02:44 3-02:44	3-10:43 3-07:59	3-12:27 5-01:44	3-13:55 3-01:28	3-18:11 2-04:16	3-26:51 6-08:40	3-28:41 4-01:50	3-29:16 1-00:35	29:16	15:59	Vesa Paavola	
4.	Pentti Saario	LoJa	8-04:07 8-04:07	5-14:56 4-10:49	4-16:36 3-01:40	4-18:17 6-01:41	4-23:02 6-04:45	4-28:51 2-05:49	4-31:08 6-02:17	4-32:02 5-00:54	32:02	17:30	Pentti Saario	
5.	Kalevi Kuusisto	HIT	5-03:11 5-03:11	4-14:31 5-11:20	5-18:56 7-04:25	5-21:07 7-02:11	5-26:21 7-05:14	5-33:21 3-07:00	5-36:11 7-02:50	5-37:14 7-01:03	37:14	20:20	Kalevi Kuusisto	
6.	Simo Suomela	RaLu	6-03:35 6-03:35	6-18:00 6-14:25	6-20:56 6-02:56	6-22:34 5-01:38	6-27:05 4-04:31	6-37:00 7-09:55	6-38:29 2-01:29	6-39:06 4-00:37	39:06	21:21	Simo Suomela	
7.	Pentti Rintala	Hiisi	7-03:40 7-03:40	7-21:24 7-17:44	7-26:24 8-05:00	7-27:59 4-01:35	7-32:28 3-04:29	7-41:05 5-08:37	7-43:00 5-01:55	7-43:58 6-00:58	43:58	24:01	Pentti Rintala	
	Osmo Aronen	RasKa	4-02:54 4-02:54	8-29:34 8-26:40	8-31:04 2-01:30	8-34:37 8-03:33				0-57:34	Kesk.		Osmo Aronen	

## H80 1,71 km

			1. (172 m)	2. (277 m)	3. (189 m)	4. (251 m)	5. (189 m)	6. (143 m)	7. (311 m)	8. (108 m)	Tulos (min/km)			
1.	Heikki Rantala	EE	8-04:16 8-04:16	6-08:12 2-03:56	2-10:39 1-02:27	2-14:25 1-03:46	2-16:51 2-02:26	1-19:11 1-02:20	1-24:10 1-04:59	1-24:46 1-00:36	24:46	14:29	Heikki Rantala	
2.	Teuvo Valtonen	EuVe	2-02:57 2-02:57	1-06:37 1-03:40	1-09:39 2-03:02	1-13:27 2-03:48	1-15:44 1-02:17	2-20:40 6-04:56	2-26:05 3-05:25	2-26:46 2-00:41	26:46	15:39	Teuvo Valtonen	
3.	Olavi Erkkilä	HIS	5-03:14 5-03:14	3-07:25 3-04:11	3-10:40 3-03:15	3-15:25 4-04:45	3-18:12 5-02:47	3-21:24 3-03:12	3-26:56 4-05:32	3-27:43 3-00:47	27:43	16:12	Olavi Erkkilä	
4.	Seppo Paavola	EE	3-03:03 3-03:03	5-07:52 6-04:49	7-14:16 9-06:24	5-20:14 5-05:58	5-23:08 7-02:54	5-26:04 2-02:56	4-31:27 2-05:23	4-32:16 4-00:49	32:16	18:52	Seppo Paavola	
5.	Matti Juhonsalo	LHR	4-03:07 4-03:07	4-07:37 5-04:30	4-11:47 4-04:10	4-16:24 3-04:37	4-19:17 6-02:53	4-24:51 7-05:34	5-33:42 5-08:51	5-34:40 5-00:58	34:40	20:16	Matti Juhonsalo	
6.	Pertti Laurila	EsSu	7-03:55 7-03:55	8-09:25 7-05:30	6-13:53 5-04:28	6-20:19 6-06:26	6-24:17 8-03:58	6-28:27 4-04:10	6-38:08 7-09:41	6-39:10 6-01:02	39:10	22:54	Pertti Laurila	
7.	Olli Ylijoki	PunKu	9-05:55 9-05:55	9-16:41 9-10:46	9-22:03 6-05:22	9-30:23 7-08:20	9-35:24 9-05:01	7-39:43 5-04:19	7-48:53 6-09:10	7-50:21 7-01:28	50:21	29:26	Olli Ylijoki	
	Mikko Koppelomäki	EE	6-03:22 6-03:22	7-09:15 8-05:53	8-15:38 8-06:23	8-24:41 8-09:03	8-27:08 3-02:27			0-36:36	Kesk.		Mikko Koppelomäki	
	Seppo Kuusisto	RaLu	1-02:49 1-02:49	2-07:12 4-04:23	5-13:31 7-06:19	7-22:35 9-09:04	7-25:02 3-02:27			0-34:31	Kesk.		Seppo Kuusisto	

## D21A 3,70 km

			1. (240 m)	2. (615 m)	3. (651 m)	4. (80 m)	5. (356 m)	6. (347 m)	7. (101 m)	8. (113 m)	9. (175 m)	10. (98 m)	11. (189 m)	12. (404 m)	13. (155 m)	14. (108 m)	Tulos (min/km)			
1.	Emmi Jokela	SWE	5-02:21 5-02:21	7-09:07 8-06:46	3-14:14 1-05:07	3-14:55 2-00:41	3-17:34 3-02:39	3-20:01 1-02:27	3-20:50 3-00:49	3-21:52 1-01:02	2-23:03 2-01:11	2-24:02 2-00:59	1-25:47 3-01:45	1-29:01 1-03:14	1-29:59 3-00:58	1-30:26 3-00:27	30:26	8:13	Emmi Jokela	
2.	Tuija Kuusela	RasKa	3-02:14 3-02:14	1-06:46 1-04:32	2-13:56 3-07:10	2-14:37 2-00:41	2-17:10 1-02:33	2-19:52 2-02:42	2-20:40 2-00:48	2-21:47 2-01:07	1-22:57 1-01:10	1-23:58 4-01:01	2-25:50 8-01:52	2-29:09 2-03:19	2-30:04 1-00:55	2-30:27 1-00:23	30:27	8:13	Tuija Kuusela	
3.	Liisa Anttila	Koovee	2-02:11 2-02:11	2-07:19 2-05:08	1-12:32 2-05:13	1-13:18 4-00:46	1-16:16 5-02:58	1-19:04 3-02:48	1-20:06 6-01:02	1-21:28 7-01:22	3-24:00 16-02:32	3-25:00 3-01:00	3-26:28 2-01:28	3-30:39 5-04:11	3-31:46 5-01:07	3-32:13 3-00:27	32:13	8:42	Liisa Anttila	
4.	Ulrika Uotila	Koovee	1-02:01 1-02:01	3-07:57 5-05:56	5-16:10 7-08:13	4-16:56 4-00:46	4-19:29 1-02:33	4-22:22 4-02:53	4-23:09 1-00:47	4-24:25 4-01:16	4-25:50 4-01:25	4-26:38 1-00:48	4-27:53 1-01:15	4-31:30 3-03:37	4-32:26 2-00:56	4-32:51 2-00:25	32:51	8:52	Ulrika Uotila	
5.	Kaisa Lylynperä	AngA	6-02:30 6-02:30	4-08:12 3-05:42	8-19:55 11-11:43	7-20:46 7-00:51	7-23:50 7-03:04	6-27:36 9-03:46	6-28:37 4-01:01	6-29:50 3-01:13	6-31:25 6-01:35	6-32:33 5-01:08	6-34:58 13-02:25	5-38:54 4-03:56	5-39:57 4-01:03	5-40:27 7-00:30	40:27	10:55	Kaisa Lylynperä	
6.	Suvi Harju	TP	7-02:38 7-02:38	8-09:38 10-07:00	6-17:51 7-08:13	6-18:55 14-01:04	6-22:29 9-03:34	5-26:35 11-04:06	5-27:36 4-01:01	5-28:54 5-01:18	5-30:33 9-01:39	5-31:50 8-01:17	5-33:57 11-02:07	6-39:03 11-05:06	6-40:20 9-01:17	6-40:57 16-00:37	40:57	11:04	Suvi Harju	

7.	Hanna-Mari Siivonen	Koovee	9-02:55 9-02:55	6-08:50 4-05:55	11-21:30 15-12:40	11-22:27 10-00:57	8-25:26 6-02:59	7-28:33 5-03:07	7-29:35 6-01:02	7-30:56 6-01:21	7-32:28 5-01:32	7-33:51 9-01:23	7-35:37 4-01:46	7-40:23 8-04:46	7-41:31 6-01:08	7-42:02 8-00:31	42:02	11:21	Hanna-Mari Siivonen
8.	Anna Alppi	RasKa	12-03:15 12-03:15	13-11:13 14-07:58	13-24:06 16-12:53	13-24:59 9-00:53	13-28:43 11-03:44	11-32:26 6-03:43	10-33:28 6-01:02	10-34:50 7-01:22	9-36:27 7-01:37	10-37:53 11-01:26	10-39:41 6-01:48	8-43:53 6-04:12	8-45:19 12-01:26	8-45:51 11-00:32	45:51	12:23	Anna Alppi
9.	Sannamari Lankia	TP	14-04:02 14-04:02	10-10:20 7-06:18	10-20:52 10-10:32	10-21:31 1-00:39	10-27:29 16-05:58	9-31:13 7-03:44	9-32:19 9-01:06	9-34:43 16-02:24	10-36:39 13-01:56	9-37:49 6-01:10	9-39:40 7-01:51	9-44:50 12-05:10	9-46:00 7-01:10	9-46:29 5-00:29	46:29	12:33	Sannamari Lankia
10.	Elina Liuha	RaN	8-02:49 8-02:49	12-11:11 15-08:22	9-20:28 9-09:17	9-21:14 4-00:46	9-25:53 14-04:39	8-29:37 7-03:44	8-30:50 12-01:13	8-33:04 14-02:14	8-34:54 10-01:50	8-37:02 16-02:08	8-39:08 10-02:06	10-46:24 15-07:16	10-47:45 10-01:21	10-48:20 13-00:35	48:20	13:03	Elina Liuha
11.	Jenny Martikainen	TP	10-03:07 10-03:07	9-10:04 9-06:57	14-25:10 17-15:06	14-26:10 12-01:00	14-29:54 11-03:44	13-33:48 10-03:54	13-34:58 11-01:10	13-37:13 15-02:15	13-39:04 11-01:51	12-40:32 12-01:28	11-42:35 9-02:03	11-47:27 9-04:52	11-49:07 15-01:40	11-49:42 13-00:35	49:42	13:25	Jenny Martikainen
12.	Terhi Kauppila	TP	11-03:09 11-03:09	11-11:06 13-07:57	12-23:29 14-12:23	12-24:36 15-01:07	12-28:15 10-03:39	12-33:11 15-04:56	12-34:30 13-01:19	12-36:35 12-02:05	12-38:45 14-02:10	11-40:19 13-01:34	12-43:55 16-03:36	12-49:23 13-05:28	12-50:49 12-01:26	12-51:22 12-00:33	51:22	13:52	Terhi Kauppila
13.	Jonna Mäkivaara	RasKa	15-04:37 15-04:37	14-11:42 12-07:05	7-19:53 6-08:11	8-20:52 11-00:59	11-27:52 17-07:00	10-32:07 12-04:15	11-33:57 16-01:50	11-35:48 11-01:51	11-37:39 11-01:51	14-42:48 17-05:09	13-44:35 5-01:47	13-49:32 10-04:57	13-51:00 14-01:28	13-51:29 5-00:29	51:29	13:54	Jonna Mäkivaara
14.	Sanna Nurmi	AngA	18-08:56 18-08:56	16-17:58 16-09:02	15-25:33 4-07:35	15-27:26 17-01:53	15-30:50 8-03:24	14-35:35 14-04:45	14-36:41 9-01:06	14-38:28 9-01:47	14-40:06 8-01:38	13-41:30 10-01:24	14-49:14 17-07:44	14-55:16 14-06:02	14-56:27 8-01:11	14-56:58 8-00:31	56:58	15:23	Sanna Nurmi
15.	Toini Pemmari	TP	13-03:57 13-03:57	17-22:52 17-18:55	16-34:44 12-11:52	16-35:45 13-01:01	16-39:44 13-03:59	15-44:11 13-04:27	15-45:31 14-01:20	15-47:18 9-01:47	15-49:36 15-02:18	15-51:33 15-01:57	15-54:09 14-02:36	15-1:01:25 15-07:16	15-1:03:18 16-01:53	15-1:03:49 8-00:31	1:03:49	17:14	Toini Pemmari
16.	Aliisa Aho	KanSu	16-04:50 16-04:50	18-28:14 18-23:24	17-40:36 13-12:22	17-42:05 16-01:29	17-47:29 15-05:24	16-55:03 16-07:34	16-56:41 15-01:38	16-58:49 13-02:08	16-1:10:29 17-11:40	16-1:12:18 14-01:49	16-1:15:13 15-02:55	16-1:23:49 17-08:36	16-1:25:43 17-01:54	16-1:26:18 13-00:35	1:26:18	23:19	Aliisa Aho
	Salla Saarijärvi	RasKa	17-06:21 17-06:21	15-13:22 11-07:01						0-20:29	0-21:50 3-01:21	0-23:00 6-01:10	0-25:08 12-02:08	0-29:45 7-04:37	0-31:10 11-01:25	0-31:48 17-00:38		Hyl.	Salla Saarijärvi
	Mari Schutskoff	KangSK	4-02:15 4-02:15	4-08:12 6-05:57	4-16:06 5-07:54	5-16:57 7-00:51	5-19:47 4-02:50											Kesk.	Mari Schutskoff

### D35 3,12 km

			1. (240 m)	2. (121 m)	3. (427 m)	4. (720 m)	5. (173 m)	6. (177 m)	7. (272 m)	8. (126 m)	9. (469 m)	10. (216 m)	11. (108 m)	Tulos (min/km)			
1.	Kaisa Teerikoski	LLuja	1-02:59 1-02:59	1-07:07 1-04:08	1-11:19 1-04:12	1-18:50 1-07:31	1-20:17 1-01:27	1-22:13 1-01:56	1-25:03 1-02:50	1-28:12 2-03:09	1-32:52 1-04:40	1-34:51 1-01:59	1-35:24 1-00:33	35:24	11:20	Kaisa Teerikoski	
	Hanna Hällfors	PunKu	2-03:52 2-03:52	2-10:16 2-06:24	2-16:21 2-06:05	2-25:31 2-09:10	2-27:48 2-02:17	2-30:06 2-02:18	2-34:24 2-04:18	2-37:27 1-03:03	2-45:31 2-08:04	2-48:26 2-02:55	2-49:12 2-00:46	Hyl.		Hanna Hällfors	

### D40 3,12 km

			1. (240 m)	2. (121 m)	3. (427 m)	4. (720 m)	5. (173 m)	6. (177 m)	7. (272 m)	8. (126 m)	9. (469 m)	10. (216 m)	11. (108 m)	Tulos (min/km)			
1.	Anne Mäki-Laurila	PunKu	1-03:52 1-03:52	1-05:34 1-01:42	1-10:06 1-04:32	1-19:26 1-09:20	1-21:29 1-02:03	1-23:33 1-02:04	1-26:57 1-03:24	1-29:49 1-02:52	1-35:45 1-05:56	1-38:25 1-02:40	1-39:03 1-00:38	39:03	12:30	Anne Mäki-Laurila	
2.	Pauliina Perkola	RasKa	2-04:57 2-04:57	2-07:14 2-02:17	2-14:30 2-07:16	2-30:25 2-15:55	2-33:03 2-02:38	2-36:02 2-02:59	2-45:17 2-09:15	2-1:00:32 2-15:15	2-1:09:21 2-08:49	2-1:12:38 2-03:17	2-1:13:16 1-00:38	1:13:16	23:28	Pauliina Perkola	

### D45 2,83 km

			1. (223 m)	2. (125 m)	3. (337 m)	4. (668 m)	5. (193 m)	6. (218 m)	7. (154 m)	8. (357 m)	9. (378 m)	10. (108 m)	Tulos (min/km)			
1.	Liisa Naskali	KyRa	3-03:46 3-03:46	3-06:25 3-02:39	3-13:44 2-07:19	3-31:57 2-18:13	2-35:01 1-03:04	1-39:10 2-04:09	1-41:31 1-02:21	1-47:08 2-05:37	1-51:47 3-04:39	1-52:26 2-00:39	52:26	18:31	Liisa Naskali	
2.	Riikka Koskinen	RaN	2-03:11 2-03:11	2-05:06 2-01:55	1-10:34 1-05:28	2-29:53 3-19:19	3-37:52 3-07:59	2-41:12 1-03:20	3-46:22 3-05:10	2-51:10 1-04:48	2-55:32 1-04:22	2-56:12 3-00:40	56:12	19:51	Riikka Koskinen	
3.	Sanna Ketola	TP	1-03:02 1-03:02	1-04:41 1-01:39	2-12:32 3-07:51	1-25:23 1-12:51	1-28:41 2-03:18	3-42:02 3-13:21	2-45:23 2-03:21	3-58:57 3-13:34	3-1:03:32 2-04:35	3-1:04:06 1-00:34	1:04:06	22:39	Sanna Ketola	

### D50 2,39 km

			1. (296 m)	2. (120 m)	3. (177 m)	4. (537 m)	5. (202 m)	6. (168 m)	7. (169 m)	8. (381 m)	9. (155 m)	10. (108 m)	Tulos (min/km)			
1.	Marjo Ilonen	TY	3-17:59 3-17:59	3-19:44 2-01:45	2-21:38 1-01:54	2-30:11 1-08:33	2-32:51 2-02:40	2-39:15 3-06:24	2-41:38 1-02:23	1-46:35 1-04:57	1-48:27 1-01:52	1-49:20 2-00:53	49:20	20:38	Marjo Ilonen	
2.	Kristiina Oksanen	IkNV	2-14:07 2-14:07	2-16:20 3-02:13	3-22:25 3-06:05	3-32:23 2-09:58	3-36:36 3-04:13	3-40:09 2-03:33	3-43:20 2-03:11	2-50:37 2-07:17	2-52:38 2-02:01	2-53:30 1-00:52	53:30	22:23	Kristiina Oksanen	
3.	Anu Reiman	AngA	1-09:18 1-09:18	1-10:56 1-01:38	1-13:07 2-02:11	1-25:51 3-12:44	1-28:19 1-02:28	1-31:15 1-02:56	1-40:08 3-08:53	3-50:48 3-10:40	3-52:53 3-02:05	3-53:46 2-00:53	53:46	22:29	Anu Reiman	

### D55 2,10 km

			1. (283 m)	2. (191 m)	3. (309 m)	4. (211 m)	5. (202 m)	6. (325 m)	7. (243 m)	8. (155 m)	9. (108 m)	Tulos (min/km)			
1.	Anne Nurmi	AngA	1-03:18 1-03:18	1-05:25 1-02:07	1-09:35 2-04:10	1-12:06 3-02:31	1-14:00 1-01:54	1-17:33 1-03:33	1-20:42 2-03:09	1-22:29 4-01:47	1-23:03 2-00:34	23:03	10:58	Anne Nurmi	
2.	Meri Huhtanen	TP	4-03:54 4-03:54	4-06:02 2-02:08	3-11:44 4-05:42	2-14:10 2-02:26	2-16:04 1-01:54	2-19:39 2-03:35	2-22:45 1-03:06	2-24:36 6-01:51	2-25:12 4-00:36	25:12	12:00	Meri Huhtanen	
3.	Tiina Linnainmaa	KyRa	7-04:29 7-04:29	7-07:32 7-03:03	4-12:08 3-04:36	4-15:18 5-03:10	4-18:10 7-02:52	3-26:15 6-08:05	3-30:11 5-03:56	3-31:55 3-01:44	3-32:33 6-00:38	32:33	15:30	Tiina Linnainmaa	

4.	Terhi Rajamäki	KangSK	3-03:39 3-03:39	3-05:54 3-02:15	7-15:33 8-09:39	7-18:11 4-02:38	6-20:08 3-01:57	4-27:26 4-07:18	4-31:32 4-33:03	4-33:36 1-00:33	33:36	16:00	Terhi Rajamäki	
5.	Pirjo Kuusela	PunKu	8-04:57 8-04:57	8-08:01 9-03:04	5-14:16 5-06:15	6-17:52 8-03:36	7-20:22 6-02:30	5-28:14 5-07:52	5-32:36 7-04:22	5-34:46 9-02:10	5-35:35 8-00:49	35:35	16:56	Pirjo Kuusela
6.	Tiina Mäkelä	RaTU	5-03:55 5-03:55	5-06:15 5-02:20	6-15:11 7-08:56	5-17:36 1-02:25	5-20:02 5-02:26	6-34:49 7-14:47	6-37:58 2-03:09	6-39:45 4-01:47	6-40:22 5-00:37	40:22	19:13	Tiina Mäkelä
7.	Terttu Jalanto	KangSK	10-08:58 10-08:58	10-12:01 7-03:03	9-21:56 9-09:55	9-25:17 6-03:21	9-29:30 8-04:13	8-36:09 3-06:39	7-39:49 4-03:40	7-41:51 7-02:02	7-42:25 2-00:34	42:25	20:11	Terttu Jalanto
8.	Merja Toivonen	EE	6-04:10 6-04:10	6-06:55 6-02:45	2-10:43 1-03:48	3-14:16 7-03:33	3-16:33 4-02:17	7-36:00 9-19:27	8-40:58 9-04:58	8-42:34 2-01:36	8-43:16 7-00:42	43:16	20:36	Merja Toivonen
9.	Arja Kallio	RiSu	9-05:54 9-05:54	9-11:01 10-05:07	8-18:26 6-07:25	8-22:33 9-04:07	8-26:52 9-04:19	9-41:58 8-15:06	9-46:51 8-04:53	9-48:59 8-02:08	9-49:52 9-00:53	49:52	23:44	Arja Kallio
	Tarja Kankaanpää	KauWi	2-03:31 2-03:31	2-05:49 4-02:18							0-40:32	Kesk.		Tarja Kankaanpää

## D60 2,10 km

			1. (283 m)	2. (191 m)	3. (309 m)	4. (211 m)	5. (202 m)	6. (325 m)	7. (243 m)	8. (155 m)	9. (108 m)	Tulos (min/km)		
1.	Anne Pelto-Huikko	Hiisi	1-03:31 1-03:31	1-06:03 1-02:32	1-09:46 1-03:43	1-13:21 3-03:35	1-15:42 1-02:21	1-19:28 1-03:46	1-22:52 1-03:24	1-25:06 2-02:14	1-25:44 2-00:38	25:44	12:15	Anne Pelto-Huikko
2.	Pia Luovula	SuosmSa	3-04:32 3-04:32	2-07:19 2-02:47	2-11:20 2-04:01	2-14:24 1-03:04	2-17:43 2-03:19	2-22:59 2-05:16	2-27:24 3-04:25	2-29:12 1-01:48	2-29:52 4-00:40	29:52	14:13	Pia Luovula
3.	Helena Kajaala-Ylikoski	VaHa	4-08:03 4-08:03	4-10:55 3-02:52	3-16:18 3-05:23	3-19:27 2-03:09	3-23:59 3-04:32	3-29:28 3-05:29	3-33:39 2-04:11	3-36:52 4-03:13	3-37:27 1-00:35	37:27	17:50	Helena Kajaala-Ylikoski
4.	Marjo Virtanen	Hiisi	2-03:46 2-03:46	3-08:05 4-04:19	4-17:30 4-09:25	4-29:22 5-11:52	4-36:12 4-06:50	4-43:44 4-07:32	4-49:16 4-05:32	4-53:51 5-04:35	4-54:29 2-00:38	54:29	25:56	Marjo Virtanen
	Kaija Heino	EE	5-18:11 5-18:11	5-24:22 5-06:11	5-36:45 5-12:23	5-41:12 4-04:27	5-54:12 5-13:00		0-1:06:44	0-1:09:10 3-02:26	0-1:10:13 5-01:03	Hyl.		Kaija Heino

## D65 1,83 km

			1. (172 m)	2. (586 m)	3. (93 m)	4. (113 m)	5. (215 m)	6. (318 m)	7. (155 m)	8. (108 m)	Tulos (min/km)		
1.	Pirjo Lavikainen	KangSK	3-02:45 3-02:45	4-10:18 4-07:33	4-12:02 4-12:44	4-14:06 3-02:04	3-17:49 3-03:43	1-22:26 1-04:37	1-24:09 2-01:43	1-24:47 1-00:38	24:47	13:32	Pirjo Lavikainen
2.	Arja Pajunen	OrPo	2-02:38 2-02:38	2-09:44 3-07:06	1-11:23 2-01:39	3-13:34 4-02:11	2-17:00 2-03:26	2-22:27 2-05:27	1-24:09 1-01:42	2-24:49 2-00:40	24:49	13:33	Arja Pajunen
3.	Tuire Niemi	TP	4-03:13 4-03:13	3-10:12 2-06:59	3-11:46 1-01:34	2-13:27 2-01:41	4-22:30 4-09:03	3-29:15 3-06:45	3-31:00 3-01:45	3-31:41 4-00:41	31:41	17:18	Tuire Niemi
	Margit Suomela	RaLu	1-02:16 1-02:16	1-08:45 1-06:29	2-11:24 4-02:39	1-12:43 1-01:19	1-15:46 1-03:03		0-34:01	0-34:41 2-00:40	Hyl.		Margit Suomela

## D70 1,71 km

			1. (172 m)	2. (277 m)	3. (189 m)	4. (251 m)	5. (189 m)	6. (143 m)	7. (311 m)	8. (108 m)	Tulos (min/km)		
1.	Hilkka Lankia	TP	1-02:49 1-02:49	1-07:48 1-04:59	1-10:25 1-02:37	1-14:32 1-04:07	1-16:49 1-02:17	1-19:49 1-03:00	1-25:57 1-06:08	1-26:29 1-00:32	26:29	15:29	Hilkka Lankia
2.	Seija Piiparinen	RasKa	2-03:18 2-03:18	2-08:43 2-05:25	3-14:08 4-05:25	2-20:25 2-06:17	2-23:37 2-03:12	2-26:47 2-03:10	2-35:30 3-08:43	2-36:21 2-00:51	36:21	21:15	Seija Piiparinen
3.	Marja Kaarnijärvi	OrPo	4-04:14 4-04:14	4-10:48 4-06:34	4-14:55 3-04:07	3-22:47 3-07:52	3-26:08 3-03:21	3-35:44 3-09:36	3-48:38 4-12:54	3-49:55 4-01:17	49:55	29:11	Marja Kaarnijärvi
	Orvokki Soikkeli	KanSu	3-04:09 3-04:09	3-09:38 3-05:29	2-12:56 2-03:18			0-49:00	0-56:45 2-07:45	0-58:01 3-01:16	Kesk.		Orvokki Soikkeli

## H18 2,92 km

			1. (318 m)	2. (246 m)	3. (644 m)	4. (193 m)	5. (224 m)	6. (202 m)	7. (128 m)	8. (403 m)	9. (378 m)	10. (108 m)	Tulos (min/km)		
1.	Iivari Willman	RasKa	7-06:35 7-06:35	6-08:06 1-01:31	2-12:21 1-04:15	2-13:41 1-01:20	2-15:16 5-01:35	1-16:35 2-01:19	1-17:51 6-01:16	1-20:47 3-02:56	1-23:12 5-02:25	1-23:35 3-00:23	23:35	8:04	Iivari Willman
2.	Miro Talvitie	RaN	2-03:04 2-03:04	1-04:39 2-01:35	6-14:51 7-10:12	4-16:52 5-02:01	4-18:17 2-01:25	3-20:01 6-01:44	3-21:07 3-01:06	2-24:02 2-02:55	2-26:18 3-02:16	2-26:38 2-00:20	26:38	9:07	Miro Talvitie
3.	Pyry Willman	RasKa	6-04:20 6-04:20	5-07:33 6-03:13	1-12:11 2-04:38	1-13:37 2-01:26	1-15:09 4-01:32	2-16:44 3-01:35	2-18:06 7-01:22	3-24:36 7-06:30	3-26:49 2-02:13	3-27:08 1-00:19	27:08	9:17	Pyry Willman
4.	Pietu Jutila	RasKa	3-03:13 3-03:13	4-06:44 7-03:31	4-13:52 4-07:08	6-17:37 8-03:45	6-19:31 4-01:54	5-21:11 4-01:40	5-22:11 1-01:00	5-25:13 4-03:02	4-27:33 4-02:20	4-27:58 5-00:25	27:58	9:34	Pietu Jutila
5.	Joona Nolvi	RasKa	4-03:40 4-03:40	3-05:43 5-02:03	5-14:38 6-08:55	5-17:12 6-02:34	5-19:24 7-02:12	4-20:42 1-01:18	4-21:53 5-01:11	4-25:01 5-03:08	5-28:11 7-03:10	5-28:38 6-00:27	28:38	9:48	Joona Nolvi
6.	Antti Reiman	AngA	5-03:41 5-03:41	2-05:22 3-01:41	3-13:07 5-07:45	3-14:43 3-01:36	3-16:03 1-01:20	6-22:25 8-06:22	6-23:25 1-01:00	6-26:17 1-02:52	6-28:45 6-02:28	6-29:09 4-00:24	29:09	9:58	Antti Reiman
7.	Valtteri Lahti	RasKa	8-08:47 8-08:47	8-10:32 4-01:45	8-21:00 8-10:28	8-22:39 4-01:39	8-24:09 3-01:30	8-25:52 5-01:43	8-27:01 4-01:09	7-30:17 6-03:16	7-32:20 1-02:03	7-32:54 7-00:34	32:54	11:16	Valtteri Lahti

8.	Lauri Naskali	Koovee	1-02:42 1-02:42	7-09:35 8-06:53	7-15:24 3-05:49	7-18:46 7-03:22	7-21:33 8-02:47	7-23:47 7-02:14	7-25:11 8-01:24	8-33:30 8-08:19	8-37:56 8-03:56	8-38:05 8-00:39	38:05	13:02	Lauri Naskali
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### D18 2,83 km

			1. (223 m)	2. (125 m)	3. (337 m)	4. (668 m)	5. (193 m)	6. (218 m)	7. (154 m)	8. (357 m)	9. (378 m)	10. (108 m)	Tulos (min/km)		
1.	Lotta Koivula	UlvUra	4-02:38 4-02:38	3-04:02 2-01:24	1-07:54 2-03:52	2-16:38 2-08:44	2-19:11 7-02:33	2-21:39 3-02:28	2-23:24 6-01:45	1-27:27 1-04:03	1-31:17 6-03:50	1-31:52 5-00:35	31:52	11:15	Lotta Koivula
2.	Oona Luoma	TP	3-02:22 3-02:22	1-03:39 1-01:17	3-08:30 3-04:51	1-16:21 1-07:51	1-18:43 2-02:22	1-21:18 4-02:35	1-23:22 8-02:04	2-28:33 3-05:11	2-31:55 4-03:22	2-32:28 4-00:33	32:28	11:28	Oona Luoma
3.	Tuuli Mäkinen	UlvUra	6-02:53 6-02:53	5-04:18 4-01:25	2-07:58 1-03:40	7-23:04 7-15:06	6-25:09 1-02:05	4-27:26 2-02:17	4-28:57 2-01:31	4-33:33 2-04:36	3-36:42 2-03:09	3-37:14 3-00:32	37:14	13:09	Tuuli Mäkinen
4.	Outi Savisaari	TP	5-02:46 5-02:46	4-04:10 2-01:24	4-09:19 5-05:09	3-20:14 4-10:55	3-22:43 5-02:29	3-25:32 5-02:49	3-27:13 5-01:41	3-33:04 4-05:51	4-37:15 8-04:11	4-37:50 5-00:35	37:50	13:22	Outi Savisaari
5.	Ennimaria Järventausta	KyRa	8-04:11 8-04:11	7-05:40 5-01:29	7-11:36 6-05:56	6-22:20 3-10:44	5-24:45 4-02:25	6-27:34 5-02:49	6-29:09 4-01:35	5-35:20 5-06:11	5-39:17 7-03:57	5-39:57 8-00:40	39:57	14:06	Ennimaria Järventausta
6.	Julia Hirvonen	KyRa	1-02:18 1-02:18	6-04:57 7-02:39	5-09:56 4-04:59	4-21:51 5-11:55	4-24:15 3-02:24	5-27:33 7-03:18	5-29:02 1-01:29	6-37:57 7-08:55	6-41:07 3-03:10	6-41:36 1-00:29	41:36	14:41	Julia Hirvonen
7.	Anni Laine	TP	2-02:19 2-02:19	2-03:51 6-01:32	6-10:04 7-06:13	5-22:09 6-12:05	7-27:08 8-04:59	7-29:24 1-02:16	7-30:57 3-01:33	7-39:45 6-08:48	7-42:53 1-03:08	7-43:24 2-00:31	43:24	15:20	Anni Laine
8.	Iisa Jutila	RasKa	7-03:55 7-03:55	8-09:01 8-05:06	8-16:38 8-07:37	8-49:47 8-33:09	8-52:18 6-02:31	8-56:22 8-04:04	8-58:16 7-01:54	8-1:15:24 8-17:08	8-1:19:09 5-03:45	8-1:19:47 7-00:38	1:19:47	28:11	Iisa Jutila

### H16 2,51 km

			1. (223 m)	2. (322 m)	3. (143 m)	4. (548 m)	5. (167 m)	6. (150 m)	7. (327 m)	8. (449 m)	9. (108 m)	Tulos (min/km)		
1.	Nico Toivanen	IkNV	3-02:29 3-02:29	2-06:13 1-03:44	1-07:26 1-01:13	1-14:21 1-06:55	1-16:51 2-02:30	1-18:15 1-01:24	1-22:24 1-04:09	1-27:08 3-04:44	1-27:40 4-00:32	27:40	11:01	Nico Toivanen
2.	Eino Lehtiniemi	RaN	1-02:08 1-02:08	1-06:02 2-03:54	2-07:28 2-01:26	2-14:54 2-07:26	2-17:11 1-02:17	2-18:49 2-01:38	2-28:08 4-09:19	2-32:32 2-04:24	2-33:02 3-00:30	33:02	13:09	Eino Lehtiniemi
3.	Mikael Koskinen	RaN	2-02:27 2-02:27	3-08:51 3-06:24	3-10:18 3-01:27	3-18:14 3-07:56	3-26:21 4-08:07	3-28:22 3-02:01	3-35:34 2-07:12	3-39:57 1-04:23	3-40:24 1-00:27	40:24	16:05	Mikael Koskinen
4.	Totte Välkki	TP	5-03:11 5-03:11	5-09:58 5-06:47	5-12:15 5-02:17	4-24:59 4-12:44	4-27:35 3-02:36	4-32:33 4-04:58	4-41:38 3-09:05	4-46:41 4-05:03	4-47:10 2-00:29	47:10	18:47	Totte Välkki
	Jyry Tukiainen	TP	4-03:08 4-03:08	4-09:53 4-06:45	4-12:01 4-02:08					0-29:57	0-30:51 5-00:54	Kesk.		Jyry Tukiainen

### D16 2,39 km

			1. (296 m)	2. (120 m)	3. (177 m)	4. (537 m)	5. (202 m)	6. (168 m)	7. (169 m)	8. (381 m)	9. (155 m)	10. (108 m)	Tulos (min/km)		
1.	Saima Lehtinen	KyRa	5-04:51 5-04:51	5-06:55 5-02:04	4-08:25 2-01:30	2-15:02 3-06:37	1-16:58 1-01:56	1-19:06 4-02:08	1-21:09 3-02:03	1-24:26 2-03:17	1-26:01 4-01:35	1-26:32 4-00:31	26:32	11:06	Saima Lehtinen
2.	Noora Laine	TP	1-03:51 1-03:51	1-05:39 4-01:48	1-07:06 1-01:27	5-16:59 5-09:53	3-19:08 2-02:09	2-20:59 1-01:51	2-23:02 3-02:03	2-26:23 4-03:21	3-28:11 5-01:48	2-28:40 3-00:29	28:40	11:59	Noora Laine
3.	Jutta Koivunen	RasKa	2-04:08 2-04:08	2-05:42 1-01:34	2-07:35 3-01:53	1-14:10 1-06:35	4-19:46 5-05:36	3-21:42 2-01:56	3-23:42 2-02:00	3-27:00 3-03:18	2-28:09 2-01:09	3-28:44 5-00:35	28:44	12:01	Jutta Koivunen
4.	Suvi Tuhkanen	UlvUra	3-04:39 3-04:39	3-06:18 2-01:39	3-08:13 4-01:55	4-16:11 4-07:58	5-21:42 4-05:31	4-23:44 3-02:02	4-25:42 1-01:58	4-28:53 1-03:11	4-30:04 3-01:11	4-30:29 1-00:25	30:29	12:45	Suvi Tuhkanen
5.	Ellie Luoma	TP	4-04:42 4-04:42	4-06:26 3-01:44	5-08:33 5-02:07	3-15:09 2-06:36	2-17:43 3-02:34	5-23:50 5-06:07	5-26:12 5-02:22	5-32:13 5-06:01	5-33:19 1-01:06	5-33:47 2-00:28	33:47	14:08	Ellie Luoma

### H14 1,94 km

			1. (259 m)	2. (492 m)	3. (444 m)	4. (134 m)	5. (277 m)	6. (227 m)	7. (107 m)	Tulos (min/km)		
1.	Anttoni Mäki-Laurila	TP	1-01:36 1-01:36	1-05:14 2-03:38	1-08:58 2-03:44	1-10:02 3-01:04	1-12:16 3-02:14	1-14:11 2-01:55	1-14:35 2-00:24	14:35	7:31	Anttoni Mäki-Laurila
2.	Julius Niemelä	RaN	4-02:08 4-02:08	3-06:33 3-04:25	2-10:33 3-04:00	2-11:32 2-00:59	2-13:42 2-02:10	2-15:36 1-01:54	2-15:58 1-00:22	15:58	8:13	Julius Niemelä
3.	Paavo Lahti	RasKa	2-01:52 2-01:52	5-07:24 5-05:32	3-10:44 1-03:20	4-12:07 5-01:23	3-14:11 1-02:04	3-16:20 4-02:09	3-16:47 4-00:27	16:47	8:39	Paavo Lahti
4.	Eetu Punto	RaN	3-01:53 3-01:53	2-06:26 4-04:33	4-10:51 4-04:25	3-12:04 4-01:13	4-14:18 3-02:14	4-16:33 5-02:15	4-16:58 3-00:25	16:58	8:44	Eetu Punto
5.	Aaro Kujansuu	RasKa	5-02:29 5-02:29	4-06:50 2-04:21	5-12:50 5-06:00	5-13:47 1-00:57	5-16:10 5-02:23	5-18:06 3-01:56	5-18:34 5-00:28	18:34	9:34	Aaro Kujansuu

### D14 1,94 km

			1. (259 m)	2. (492 m)	3. (444 m)	4. (134 m)	5. (277 m)	6. (227 m)	7. (107 m)	Tulos (min/km)		
1.	Ellie Punto	RaN	1-02:38 1-02:38	1-07:38 1-05:00	1-12:48 1-05:10	1-14:12 1-01:24	1-16:34 1-02:22	1-18:42 1-02:08	1-19:12 1-00:30	19:12	9:53	Ellie Punto



**H13 1,71 km**

		1. (259 m)	2. (337 m)	3. (287 m)	4. (173 m)	5. (371 m)	6. (172 m)	7. (107 m)	Tulos	(min/km)		
1.	Arttu Ritala	TP	2-03:16 2-03:16	1-07:15 1-03:59	1-11:22 2-04:07	1-12:50 1-01:28	1-17:28 2-04:38	1-19:07 1-01:39	1-19:34 1-00:27	19:34	11:26	Arttu Ritala
2.	Tuomas Harju	RaN	1-02:55 1-02:55	2-09:36 2-06:41	2-13:39 1-04:03	2-15:29 2-01:50	2-19:33 1-04:04	2-21:16 2-01:43	2-22:22 2-01:06	22:22	13:04	Tuomas Harju

**D13 1,71 km**

		1. (259 m)	2. (337 m)	3. (287 m)	4. (173 m)	5. (371 m)	6. (172 m)	7. (107 m)	Tulos	(min/km)		
1.	Johanna Naskali	KyRa	3-02:53 3-02:53	1-06:06 1-03:13	1-08:59 3-02:53	1-10:18 3-01:19	1-13:43 1-03:25	1-15:38 5-01:55	1-16:05 1-00:27	16:05	9:24	Johanna Naskali
2.	Sania Niemelä	KyRa	4-03:12 4-03:12	3-06:45 2-03:33	3-09:24 1-02:39	3-10:35 1-01:11	2-14:35 2-04:00	2-16:08 4-01:33	2-16:39 4-00:31	16:39	9:44	Sania Niemelä
3.	Meri Väistökoski	TP	1-02:10 1-02:10	2-06:27 4-04:17	2-09:15 2-02:48	2-10:31 2-01:16	3-15:55 4-05:24	3-17:22 1-01:27	3-17:54 5-00:32	17:54	10:28	Meri Väistökoski
4.	Venla Haanpää	TP	2-02:17 2-02:17	5-08:22 5-06:05	5-14:25 6-06:03	5-15:46 4-01:21	4-19:56 3-04:10	4-21:25 2-01:29	4-21:54 2-00:29	21:54	12:48	Venla Haanpää
5.	Kira Holmala	IkNV	5-03:16 5-03:16	4-07:08 3-03:52	4-10:04 4-02:56	4-11:40 5-01:36	5-21:58 6-10:18	5-23:30 3-01:32	5-24:00 3-00:30	24:00	14:02	Kira Holmala
6.	Veera Ala-Jaskara	KyRa	6-04:28 6-04:28	6-11:04 6-06:36	6-15:29 5-04:25	6-17:45 6-02:16	6-25:51 5-08:06	6-28:34 6-02:43	6-29:09 6-00:35	29:09	17:02	Veera Ala-Jaskara

**H12 1,49 km**

		1. (202 m)	2. (322 m)	3. (172 m)	4. (166 m)	5. (295 m)	6. (227 m)	7. (107 m)	Tulos	(min/km)		
1.	Lauri Koivula	UlvUra	1-01:38 1-01:38	1-04:16 1-02:38	1-05:21 1-01:05	1-07:11 2-01:50	1-10:02 2-02:51	1-12:28 4-02:26	1-12:57 3-00:29	12:57	8:41	Lauri Koivula
2.	Kalle Pihkoluoma	KyRa	2-01:44 2-01:44	2-04:53 2-03:09	2-06:20 2-01:27	2-08:06 1-01:46	2-10:45 1-02:39	2-13:05 3-02:20	2-13:31 1-00:26	13:31	9:04	Kalle Pihkoluoma
3.	Sampo Syväterä	TP	4-02:13 4-02:13	3-05:40 3-03:27	3-07:08 3-01:28	3-09:08 3-02:00	3-13:25 7-04:17	3-16:29 5-03:04	3-17:01 5-00:32	17:01	11:25	Sampo Syväterä
4.	Pyry Teerikoski	LLuja	3-02:09 3-02:09	6-08:50 6-06:41	5-11:01 7-02:11	4-13:05 4-02:04	4-16:14 3-03:09	4-18:26 1-02:12	4-18:56 4-00:30	18:56	12:42	Pyry Teerikoski
5.	Lauri Kujansuu	RasKa	7-02:28 7-02:28	4-06:47 4-04:19	4-08:37 4-01:50	5-13:19 8-04:42	5-17:09 6-03:50	5-20:27 6-03:18	5-21:02 6-00:35	21:02	14:06	Lauri Kujansuu
6.	Veeti Liuha	RaN	5-02:19 5-02:19	8-16:57 8-14:38	8-19:07 6-02:10	8-21:12 5-02:05	6-24:22 4-03:10	6-26:34 1-02:12	6-27:01 2-00:27	27:01	18:07	Veeti Liuha
7.	Samu Ritala	TP	8-02:42 8-02:42	5-08:23 5-05:41	7-17:30 8-09:07	7-20:42 7-03:12	7-24:31 5-03:49	7-28:08 7-03:37	7-28:45 7-00:37	28:45	19:17	Samu Ritala
	Kaarlo Kallio	Koovee	6-02:21 6-02:21	7-11:57 7-09:36	6-13:57 5-02:00	6-16:46 6-02:49		0-37:23	0-38:00 7-00:37	Hyl.		Kaarlo Kallio

**D12 1,49 km**

		1. (202 m)	2. (322 m)	3. (172 m)	4. (166 m)	5. (295 m)	6. (227 m)	7. (107 m)	Tulos	(min/km)		
1.	Iida Koskinen	RaN	1-01:30 1-01:30	5-06:54 8-05:24	4-08:00 1-01:06	1-09:23 1-01:23	1-11:45 1-02:22	1-14:11 1-02:26	1-14:42 5-00:31	14:42	9:51	Iida Koskinen
2.	Meeri Niemenmaa	IkNV	7-02:17 7-02:17	4-06:45 4-04:28	5-08:22 6-01:37	3-10:25 2-02:03	2-13:42 6-03:17	2-16:23 5-02:41	2-16:54 5-00:31	16:54	11:20	Meeri Niemenmaa
3.	Siiri Laino	KanSu	4-02:07 4-02:07	1-05:26 1-03:19	1-06:52 3-01:26	4-11:22 10-04:30	3-13:50 2-02:28	3-16:49 7-02:59	3-17:21 8-00:32	17:21	11:38	Siiri Laino
4.	Juliet Jokinen	RaN	10-02:33 10-02:33	7-07:22 5-04:49	6-09:18 8-01:56	5-11:27 4-02:09	4-15:27 9-04:00	4-18:04 3-02:37	4-18:36 8-00:32	18:36	12:28	Juliet Jokinen
5.	Stella Määttänen	RasKa	3-02:05 3-02:05	3-06:11 3-04:06	3-07:45 4-01:34	2-10:06 5-02:21	6-15:53 10-05:47	5-18:30 3-02:37	5-18:56 1-00:26	18:56	12:42	Stella Määttänen
6.	Sandra Mariani	Koovee	8-02:18 8-02:18	8-07:54 9-05:36	8-09:56 9-02:02	7-12:22 6-02:26	5-15:45 7-03:23	6-18:46 8-03:01	6-19:23 11-00:37	19:23	13:00	Sandra Mariani
7.	Neea Pyhtilä	KyRa	5-02:12 5-02:12	11-09:17 11-07:05	10-11:05 7-01:48	10-13:41 8-02:36	8-16:35 4-02:54	7-19:22 6-02:47	7-19:50 2-00:28	19:54	13:21	Neea Pyhtilä
8.	Venla Raukola	KanSu	2-01:59 2-01:59	2-05:38 2-03:39	1-06:52 2-01:14	8-13:07 11-06:15	7-16:03 5-02:56	8-19:32 10-03:29	8-20:02 4-00:30	20:02	13:26	Venla Raukola
9.	Ella Mäkelä	TuS	11-03:01 11-03:01	9-08:17 7-05:16	7-09:52 5-01:35	6-11:59 3-02:07	10-18:00 11-06:01	9-20:36 2-02:36	9-21:11 10-00:35	21:11	14:13	Ella Mäkelä
10.	Elsa Hämeen-Anttila	RaN	9-02:19 9-02:19	6-07:14 6-04:55	9-10:30 10-03:16	9-13:22 9-02:52	9-17:08 8-03:46	10-20:45 11-03:37	10-21:16 5-00:31	21:16	14:16	Elsa Hämeen-Anttila
11.	Salla Mustikkamaa	RaN	6-02:16 6-02:16	10-08:45 10-06:29	11-13:12 11-04:27	11-15:41 7-02:29	11-18:32 3-02:51	11-21:35 9-03:03	11-22:04 3-00:29	22:04	14:48	Salla Mustikkamaa

**H12TR 1,52 km**

		1. (202 m)	2. (435 m)	3. (251 m)	4. (295 m)	5. (227 m)	6. (108 m)	Tulos (min/km)			
1.	Sauli Kovanen	S-JKL	1-01:56 1-01:56	1-06:16 1-04:20	1-08:25 1-02:09	1-10:47 1-02:22	1-13:17 2-02:30	1-13:48 2-00:31	13:48	9:04	Sauli Kovanen
2.	Eero Ala-Jaskara	KyRa	4-03:04 4-03:04	3-10:05 3-07:01	2-15:22 2-05:17	2-18:46 2-03:24	2-22:13 3-03:27	2-22:51 4-00:38	22:51	15:01	Eero Ala-Jaskara
3.	Jaakko Naskali	KyRa	3-03:00 3-03:00	4-10:33 4-07:33	3-17:06 3-06:33	3-21:23 3-04:17	3-25:13 4-03:50	3-25:46 3-00:33	25:46	16:57	Jaakko Naskali
4.	Aleksi Ovaska	TarpSu	5-03:15 5-03:15	5-12:28 5-09:13	4-21:10 4-08:42	4-25:44 4-04:34	4-30:08 5-04:24	4-30:50 5-00:42	30:50	20:17	Aleksi Ovaska
5.	Otso Tomula	RasKa	2-02:13 2-02:13	2-07:54 2-05:41	5-21:36 5-13:42	5-31:57 5-10:21	5-34:06 1-02:09	5-34:32 1-00:26	34:32	22:43	Otso Tomula

**D12TR 1,52 km**

		1. (202 m)	2. (435 m)	3. (251 m)	4. (295 m)	5. (227 m)	6. (108 m)	Tulos (min/km)			
1.	Liina Laine	LLuja	1-01:57 1-01:57	1-07:00 1-05:03	2-13:58 3-06:58	2-16:56 1-02:58	1-19:31 1-02:35	1-20:01 1-00:30	20:01	13:10	Liina Laine
2.	Anna Tamminen	KyRa	2-03:06 2-03:06	2-09:02 2-05:56	1-13:28 1-04:26	1-16:49 2-03:21	2-19:52 2-03:03	2-20:27 2-00:35	20:27	13:27	Anna Tamminen
3.	Viivi Liuha	RaN	3-04:13 3-04:13	3-26:54 3-22:41	3-32:26 2-05:32	3-36:32 3-04:06	3-39:37 3-03:05	3-40:14 3-00:37	40:14	26:28	Viivi Liuha

**H10RR 1,55 km**

		1. (253 m)	2. (339 m)	3. (294 m)	4. (186 m)	5. (370 m)	6. (107 m)	Tulos (min/km)			
1.	Eero Siivonen	Koovee	1-03:05 1-03:05	1-06:08 1-03:03	1-09:05 1-02:57	1-12:25 6-03:20	2-15:17 1-02:52	2-15:47 1-00:30	15:47	10:10	Eero Siivonen
2.	Valtteri Vigren	Koovee	2-03:48 2-03:48	2-06:57 2-03:09	2-14:06 3-07:09	2-15:25 1-01:19	3-18:46 2-03:21	3-19:17 2-00:31	19:17	12:26	Valtteri Vigren
3.	Simi Niemelä	KyRa	6-07:25 6-07:25	3-12:25 3-05:00	3-18:37 2-06:12	3-20:26 3-01:49	4-24:32 3-04:06	4-25:05 4-00:33	25:05	16:10	Simi Niemelä
4.	Aaro Ala-Jaskara	KyRa	4-05:18 4-05:18	4-12:32 4-07:14	4-20:07 4-07:35	4-21:43 2-01:36	5-26:28 4-04:45	5-27:00 3-00:32	27:00	17:25	Aaro Ala-Jaskara
5.	Paavo Ala-Jaskara	KyRa	5-07:04 5-07:04	5-16:55 5-09:51	5-25:29 5-08:34	5-28:24 4-02:55	6-35:10 5-06:46	6-35:55 7-00:45	35:55	23:10	Paavo Ala-Jaskara
6.	Jesse Vänni	IkNV	7-07:35 7-07:35	6-18:15 6-10:40	6-29:26 6-11:11	6-32:43 5-03:17	7-41:07 6-08:24	7-41:58 8-00:51	41:58	27:04	Jesse Vänni
7.	Eemeli Mäki-Laurila	PunKu	3-05:15 3-05:15				1-14:21	1-15:00 5-00:39	44:59	29:01	Eemeli Mäki-Laurila
8.	Onni Vitikainen	IkNV	8-09:08 8-09:08	7-22:08 7-13:00	7-33:22 7-11:14	7-36:48 7-03:26	8-45:14 7-08:26	8-45:56 6-00:42	45:56	29:38	Onni Vitikainen

**D10RR 1,55 km**

		1. (253 m)	2. (339 m)	3. (294 m)	4. (186 m)	5. (370 m)	6. (107 m)	Tulos (min/km)			
1.	Saara Malm	TP	5-03:58 5-03:58	2-07:27 3-03:29	2-11:49 5-04:22	2-13:11 2-01:22	1-16:43 2-03:32	1-17:16 3-00:33	17:19	11:10	Saara Malm
2.	Vilma Pyhtilä	KyRa	1-03:01 1-03:01	1-06:26 1-03:25	1-10:41 3-04:15	1-12:24 7-01:43	2-17:20 7-04:56	2-17:50 2-00:30	17:50	11:30	Vilma Pyhtilä
3.	Julia Pieniluoma	IkNV	6-05:04 6-05:04	4-08:30 2-03:26	3-12:51 4-04:21	3-14:28 5-01:37	3-18:22 6-03:54	3-19:03 9-00:41	19:03	12:17	Julia Pieniluoma
4.	Salla Hämeen-Anttila	RaN	2-03:47 2-03:47	5-09:18 6-05:31	4-14:37 6-05:19	4-16:14 5-01:37	4-19:52 3-03:38	4-20:21 1-00:29	20:21	13:07	Salla Hämeen-Anttila
5.	Suvi Hämeen-Anttila	RaN	4-03:53 4-03:53	3-08:06 4-04:13	5-14:57 9-06:51	5-16:27 4-01:30	5-20:17 5-03:50	5-20:52 4-00:35	20:52	13:27	Suvi Hämeen-Anttila
6.	Aino Siivonen	Koovee	11-06:26 11-06:26	9-14:15 7-07:49	7-18:02 1-03:47	7-19:23 1-01:21	6-23:03 4-03:40	6-23:43 6-00:40	23:43	15:18	Aino Siivonen
7.	Emilia Leppälä	KyRa	8-05:50 8-05:50	6-10:11 5-04:21	6-16:45 8-06:34	6-18:39 8-01:54	7-24:56 9-06:17	7-25:36 6-00:40	25:36	16:30	Emilia Leppälä
8.	Eevi Mustikkamaa	RaN	10-06:03 10-06:03	10-14:49 10-08:46	8-20:59 7-06:10	8-23:24 9-02:25	8-29:05 8-05:41	8-29:50 10-00:45	29:50	19:14	Eevi Mustikkamaa
9.	Aada Vitikainen	IkNV	9-06:02 9-06:02	8-13:59 8-07:57	9-22:49 10-08:50	9-25:53 10-03:04	9-32:52 10-06:59	9-33:32 6-00:40	33:32	21:38	Aada Vitikainen
10.	Anni Siivonen	Koovee	3-03:52 3-03:52	11-26:01 11-22:09	11-29:50 2-03:49	11-31:14 3-01:24	10-34:45 1-03:31	10-35:21 5-00:36	35:21	22:48	Anni Siivonen
11.	Josefiina Vänni	IkNV	7-05:13 7-05:13	7-13:16 9-08:03	10-24:10 11-10:54	10-28:49 11-04:39	11-36:59 11-08:10	11-37:44 10-00:45	37:44	24:20	Josefiina Vänni

**Kunto1 4,18 km**

		1. (240 m)	2. (183 m)	3. (337 m)	4. (841 m)	5. (170 m)	6. (718 m)	7. (313 m)	8. (284 m)	9. (279 m)	10. (119 m)	11. (191 m)	12. (323 m)	13. (108 m)	Tulos (min/km)			
1.	Antti Rantala	KangSK	1-02:08 1-02:08	1-03:38 1-01:30	1-06:49 1-03:11	1-16:43 2-09:54	1-19:21 5-02:38	1-26:14 3-06:53	1-29:24 1-03:10	1-32:32 2-03:08	1-35:06 2-02:34	1-36:09 1-01:03	1-37:35 1-01:26	1-40:22 1-02:47	1-40:50 1-00:28	40:50	9:46	Antti Rantala
2.	Haanpää Tuomo	TP	2-02:35 2-02:35	2-04:16 2-01:41	2-08:28 3-04:12	2-18:09 1-09:41	2-19:55 1-01:46	2-26:37 2-06:42	2-29:58 2-03:21	2-32:38 1-02:40	2-35:07 1-02:29	2-36:37 3-01:30	2-38:04 2-01:27	2-41:55 4-03:51	2-42:33 2-00:38	42:33	10:10	Haanpää Tuomo
3.	Jari Lappalainen		3-03:21 3-03:21	3-05:36 3-02:15	3-09:24 2-03:48	4-27:05 5-17:41	4-29:02 2-01:57	3-35:00 1-05:58	3-38:39 3-03:39	3-44:41 5-06:02	3-47:47 3-03:06	3-49:12 2-01:25	3-51:03 3-01:51	3-54:25 2-03:22	3-55:04 3-00:39	55:04	13:10	Jari Lappalainen
4.	Kati Haanpää	TP	5-04:09 5-04:09	5-06:40 5-02:31	4-11:09 4-04:29	3-23:33 3-12:24	3-25:36 3-02:03	4-39:34 6-13:58	4-45:40 5-06:06	4-49:42 3-04:02	4-53:52 4-04:10	4-55:47 5-01:55	4-57:50 4-02:03	4-1:01:38 3-03:48	4-1:02:21 4-00:43	1:02:21	14:54	Kati Haanpää
5.	Välkki Antti	TP	4-04:06 4-04:06	4-06:28 4-02:22	5-12:58 6-06:30	5-34:58 6-22:00	5-37:34 4-02:36	5-46:38 4-09:04	5-52:07 4-05:29	5-58:43 6-06:36	5-1:04:15 6-05:32	5-1:06:09 4-01:54	5-1:08:29 6-02:20	5-1:13:11 6-04:42	5-1:13:57 5-00:46	1:13:57	17:41	Välkki Antti
6.	Holmala Jouni	IkNV	6-08:23 6-08:23	6-15:59 6-07:36	6-21:40 5-05:41	6-38:49 4-17:09	6-42:00 6-03:11	6-51:30 5-09:30	6-1:09:47 6-18:17	6-1:14:44 4-04:57	6-1:19:44 5-05:00	6-1:21:40 6-01:56	6-1:23:58 5-02:18	6-1:28:39 5-04:41	6-1:29:45 6-01:06	1:29:45	21:28	Holmala Jouni

**Kunto2 1,95 km**

		1. (172 m)	2. (277 m)	3. (278 m)	4. (175 m)	5. (113 m)	6. (409 m)	7. (188 m)	8. (155 m)	9. (108 m)	Tulos (min/km)			
1.	Marko Väistökoski	TP	1-03:47 1-03:47	1-08:06 1-04:19	1-12:32 1-04:26	1-18:01 2-05:29	1-19:34 1-01:33	1-28:47 4-09:13	1-32:23 1-03:36	1-34:04 2-01:41	1-34:33 1-00:29	34:33	17:43	Marko Väistökoski
2.	Eemil Koskinen	RaN	3-04:14 3-04:14	2-08:52 3-04:38	3-15:16 5-06:24	2-18:03 1-02:47	2-24:26 6-06:23	2-30:35 1-06:09	2-34:40 2-04:05	2-36:49 4-02:09	2-37:56 4-01:07	37:56	19:27	Eemil Koskinen
3.	S Seppo		6-07:37 6-07:37	4-12:03 2-04:26	4-16:43 2-04:40	3-32:54 4-16:11	4-42:09 7-09:15	3-52:17 5-10:08	3-56:37 3-04:20	3-58:05 1-01:28	3-58:45 3-00:40	58:45	30:07	S Seppo
4.	Minna Jokinen	RaN	4-05:32 4-05:32	5-12:50 5-07:18	5-18:43 4-05:53	5-45:15 6-26:32	5-47:18 2-02:03	5-54:42 2-07:24	4-59:51 5-05:09	4-1:01:51 3-02:00	4-1:02:29 2-00:38	1:02:29	32:02	Minna Jokinen
5.	Hilkka Laine	AngA	5-06:00 5-06:00	6-16:40 7-10:40	7-28:09 7-11:29	4-38:39 3-10:30	3-41:40 4-03:01	4-53:50 6-12:10	5-1:00:09 6-06:19	5-1:03:49 5-03:40	5-1:05:30 6-01:41	1:05:30	33:35	Hilkka Laine
6.	Hämeen-Anttila Matti		2-03:53 2-03:53	3-09:59 4-06:06	2-15:07 3-05:08	6-45:48 7-30:41	6-48:41 3-02:53	6-56:05 2-07:24	6-1:01:08 4-05:03	6-1:04:53 6-03:45	6-1:06:00 4-01:07	1:06:00	33:50	Hämeen-Anttila Matti
7.	Irma Ahonkivi	RasKa	7-08:14 7-08:14	7-17:37 6-09:23	6-26:23 6-08:46	7-46:58 5-20:35	7-50:34 5-03:36	7-1:04:53 7-14:19	7-1:13:52 7-08:59	7-1:18:12 7-04:20	7-1:20:14 7-02:02	1:20:14	41:08	Irma Ahonkivi