

Brahe medeldistans/keskimatka 2025-06-08, Larsmo, IF Brahe

[H21](#) [H35](#) [D21](#) [H40](#) [H45](#) [H18](#) [H50](#) [H55](#) [D35](#) [D20](#) [H60](#) [H16](#) [D40](#) [D45](#) [D18](#) [H65](#) [D50](#) [D16](#) [H70](#) [D55](#) [D60](#) [H75](#) [D65](#) [D70](#) [H14](#) [D14](#) [H80](#) [D75](#) [H85](#) [H12](#) [H10RR](#) [D10RR](#)

H21 4,94 km																										
			1. (100 m)	2. (392 m)	3. (382 m)	4. (238 m)	5. (257 m)	6. (485 m)	7. (164 m)	8. (242 m)	9. (543 m)	10. (119 m)	11. (524 m)	12. (95 m)	13. (107 m)	14. (104 m)	15. (104 m)	16. (225 m)	17. (138 m)	18. (196 m)	19. (121 m)	20. (266 m)	21. (81 m)	Resultat	(min/km)	
1.	Olli Koivumäki	LapVi	4-00:48 4-00:48	7-03:51 9-03:03	1-06:07 1-02:16	1-07:46 1-01:39	1-09:34 4-01:48	1-12:13 1-02:39	1-13:14 1-01:01	1-14:44 2-01:30	1-17:55 1-03:11	1-18:56 1-01:01	1-22:21 1-03:25	1-23:28 1-01:07	1-24:14 1-00:46	1-24:54 1-00:40	1-25:33 5-00:39	1-27:08 1-01:35	1-28:01 1-00:53	1-29:06 1-01:05	1-29:49 1-00:43	1-31:01 1-01:12	1-31:23 4-00:22	31:20	6:20	Olli Koivumäki
2.	Lauri Valkonen	IHR	8-00:51 8-00:51	2-03:33 1-02:42	1-06:07 3-02:34	2-08:07 6-02:00	6-10:12 11-02:05	4-13:23 6-03:11	4-14:26 2-01:03	5-16:05 1-01:19	5-20:55 7-03:35	5-24:20 11-01:15	2-24:20 1-03:25	2-25:02 5-00:42	2-25:54 6-00:52	2-26:45 7-00:51	2-27:35 17-00:50	2-29:25 7-01:50	2-30:24 6-00:59	2-31:39 4-01:15	2-32:26 3-00:47	2-34:01 14-01:35	2-34:22 2-00:21	34:22	6:57	Lauri Valkonen
3.	Miikka Ketonen	HimU	1-00:45 1-00:45	1-03:29 2-02:44	3-06:12 8-02:43	3-08:08 4-01:56	3-09:54 2-01:46	5-13:39 15-03:45	5-14:42 2-01:03	4-16:01 1-01:19	3-19:19 2-03:18	3-20:26 5-01:07	3-24:31 7-04:05	3-25:14 6-00:43	3-26:02 3-00:48	3-26:52 4-00:50	3-27:43 19-00:51	3-29:28 3-01:45	3-30:57 23-01:29	3-32:09 2-01:12	3-32:57 4-00:48	3-34:13 3-01:16	3-34:36 8-00:23	34:33	6:59	Miikka Ketonen
4.	Tobias Åkerlund	SoIf	5-00:49 5-00:49	9-03:53 11-03:04	6-06:19 2-02:26	4-08:09 2-01:50	2-09:49 1-01:40	2-12:44 4-02:55	2-13:47 2-01:03	2-15:17 2-01:30	2-18:48 4-03:31	2-19:53 3-01:05	4-24:57 16-05:04	5-26:35 23-01:38	4-27:23 3-00:48	4-28:03 1-00:40	4-28:41 1-00:38	4-30:22 1-00:38	4-31:19 3-00:57	4-32:33 3-01:14	4-33:27 10-00:54	4-34:42 2-01:15	4-35:05 8-00:23	35:02	7:05	Tobias Åkerlund
5.	Joni Alasuvanto	KaJu	7-00:50 7-00:50	4-03:37 4-02:47	5-06:15 4-02:38	5-08:15 6-02:00	4-10:04 6-01:49	3-12:56 3-02:52	3-14:00 6-01:04	3-15:34 4-01:34	4-19:36 10-04:02	4-20:45 7-01:09	5-25:52 17-05:07	4-26:30 1-00:38	5-27:29 11-00:59	5-28:21 8-00:52	5-29:04 9-00:43	5-30:55 9-01:51	5-32:00 10-01:05	5-33:24 9-01:24	5-34:13 11-01:29	5-35:42 2-00:21	5-36:04 4-00:22	36:04	7:18	Joni Alasuvanto
6.	Anders Bäckström	Femman	19-01:01 19-01:01	11-03:56 6-02:55	10-06:40 9-02:44	7-08:34 3-01:54	8-10:49 13-02:15	6-13:45 5-02:56	6-14:52 7-01:07	6-16:29 7-01:37	6-20:02 5-03:33	6-21:22 15-05:01	7-26:23 15-05:01	6-27:03 6-00:43	7-28:10 18-01:07	7-29:05 10-00:55	8-29:48 9-00:43	6-31:33 3-01:45	6-32:33 7-01:00	6-33:58 14-01:25	6-34:48 6-00:50	6-36:10 6-01:22	6-36:33 8-00:23	36:30	7:23	Anders Bäckström
7.	Mickel Forsell	Botnia	2-00:47 2-00:47	2-03:33 3-02:46	4-06:14 6-02:41	6-08:21 12-02:07	5-10:09 4-01:48	9-14:32 19-04:23	9-16:06 22-01:34	9-17:51 11-01:45	8-21:24 5-03:33	8-22:28 2-01:04	6-26:21 5-03:53	7-27:04 6-00:43	6-27:57 7-00:53	6-28:57 16-01:00	6-29:38 8-00:41	7-31:37 13-01:59	7-32:42 10-01:05	8-34:06 9-01:24	8-34:59 8-00:53	7-36:19 4-01:20	7-36:40 2-00:21	36:40	7:25	Mickel Forsell
8.	Lukas Ohls	Falken	13-00:54 13-00:54	7-03:51 7-02:57	8-06:35 9-02:44	9-08:40 12-02:05	7-10:37 7-01:57	7-14:13 12-03:36	8-15:31 13-01:18	7-17:07 6-01:36	7-20:53 8-03:46	7-22:07 10-01:14	8-26:39 10-04:32	8-27:25 11-00:46	8-28:12 2-00:47	8-29:09 13-00:57	7-29:47 1-00:38	8-31:45 12-01:58	8-32:47 9-01:02	7-34:04 10-00:54	7-34:58 8-00:54	8-36:22 7-01:24	8-36:45 8-00:23	36:42	7:25	Lukas Ohls
9.	Christoffer Melin	OK77	5-00:49 5-00:49	6-03:46 7-02:57	12-06:57 18-03:11	11-08:56 5-01:59	20-12:53 24-03:57	15-15:42 24-03:57	15-16:57 11-01:15	13-18:31 4-01:34	10-21:58 3-03:27	9-23:25 19-01:27	11-28:13 13-04:48	11-28:54 4-00:41	11-30:12 25-01:18	11-31:11 14-00:59	11-31:50 5-00:39	11-33:35 3-01:45	10-34:29 2-00:54	10-36:05 21-01:36	10-36:51 2-00:46	10-38:11 4-01:20	9-38:34 8-00:23	38:31	7:47	Christoffer Melin
10.	Mikko Kukkola	KoS	10-00:52 10-00:52	11-03:56 11-03:04	19-07:53 24-03:57	19-10:11 12-02:18	13-11:58 3-01:47	13-15:33 11-03:35	12-16:41 8-01:08	11-18:24 9-01:43	13-23:04 17-04:40	13-24:17 9-01:13	9-28:03 3-03:46	9-28:47 8-00:44	9-29:48 13-01:01	9-30:43 10-00:55	9-31:28 12-00:45	9-33:17 6-01:49	9-34:24 14-01:07	9-35:47 8-01:23	9-36:38 7-00:51	9-38:09 12-01:31	10-38:36 19-00:27	38:33	7:48	Mikko Kukkola
11.	Juuso Ekola	LapVi	18-01:00 18-01:00	13-04:06 13-03:06	11-06:54 11-02:48	12-09:01 12-02:07	10-11:03 8-02:02	15-15:01 17-03:58	10-16:23 17-01:22	10-18:22 21-01:59	14-23:05 18-04:43	12-24:11 4-01:06	10-28:04 5-03:53	10-28:50 11-00:46	10-29:53 15-01:03	10-30:58 19-01:05	10-31:42 11-00:44	10-33:32 7-01:50	11-34:41 15-01:09	10-36:05 9-01:24	11-37:03 16-00:58	11-39:05 23-02:02	11-39:30 14-00:25	39:27	7:59	Juuso Ekola
12.	Tero Myllymäki	VetU	14-00:58 14-00:58	19-04:42 20-03:44	18-07:48 16-03:06	15-09:56 12-02:13	17-12:09 12-02:13	14-15:35 8-03:26	14-16:55 14-01:20	15-18:41 12-01:46	12-22:47 12-04:06	11-24:03 13-01:16	11-28:13 8-04:10	12-29:14 17-01:01	12-30:13 11-00:59	12-31:28 22-01:15	12-32:18 18-00:50	12-34:29 18-02:11	12-35:34 10-01:05	12-37:06 18-01:32	12-38:11 12-01:05	12-39:46 14-01:35	12-40:12 16-00:26	40:09	8:07	Tero Myllymäki
13.	Santeri Mäkelä	HimU	8-00:51 8-00:51	10-03:54 9-03:03	7-06:33 5-02:39	7-08:34 8-02:01	9-10:58 17-02:24	8-14:15 7-03:17	7-15:28 9-01:13	8-17:28 22-02:00	9-21:42 13-04:14	10-23:37 24-01:55	14-28:56 18-05:19	14-30:20 20-01:24	14-31:22 14-01:02	14-32:10 3-00:48	14-32:56 15-00:46	13-34:49 10-01:53	14-36:07 18-01:18	13-37:31 9-01:24	13-38:25 10-00:54	13-39:53 12-01:28	13-40:16 8-00:23	40:16	8:09	Santeri Mäkelä
14.	Peter Söderström	Femman	16-00:59 16-00:59	17-04:28 18-03:29	17-07:42 19-03:14	15-09:56 12-02:14	18-12:40 19-02:44	16-16:17 13-03:37	16-17:45 19-01:28	16-19:31 12-01:46	15-23:28 9-03:57	15-24:39 8-01:11	13-28:31 4-03:52	13-29:55 20-01:24	13-30:51 9-00:56	13-31:50 14-00:59	13-32:35 12-00:45	13-34:49 20-02:14	13-36:05 17-01:16	14-37:35 16-01:30	14-38:30 15-00:55	14-40:13 17-01:43	14-40:39 16-00:26	40:36	8:13	Peter Söderström
15.	Eero Koski	YKV	14-00:58 14-00:58	16-04:26 17-03:28	13-07:14 11-02:48	13-09:23 15-02:09	12-11:41 14-02:18	11-15:08 18-01:25	11-16:33 16-01:54	12-18:27 14-04:17	11-22:44 22-01:43	14-24:27 12-01:43	15-29:24 14-04:57	15-30:23 16-00:59	15-31:32 21-01:09	15-32:37 19-01:05	15-33:28 10-00:51	15-35:32 16-02:04	15-36:58 21-01:26	15-38:38 19-01:03	15-39:41 22-01:58	15-41:39 20-00:28	15-42:07 20-00:28	42:03	8:30	Eero Koski
16.	Erkki Vähäsöyrinki	NIS	23-01:20 23-01:20	18-04:33 14-03:13	15-07:28 14-02:55	14-09:43 17-02:15	16-12:04 16-02:21	17-16:39 21-04:35	18-18:10 21-01:31	17-19:54 10-01:44	17-24:19 16-04:25	17-25:34 11-01:15	18-32:34 23-07:00	18-33:19 9-00:45	18-34:15 9-00:56	18-35:15 16-01:00	18-35:53 1-00:38	18-37:54 15-02:01	18-38:52 4-00:58	17-40:08 5-01:16	16-41:02 10-00:54	16-42:27 9-01:25	16-42:53 16-00:26	42:49	8:40	Erkki Vähäsöyrinki
17.	Oskari Rannila	LapVi	24-01:26 24-01:26	20-04:45 15-03:19	19-07:53 17-03:08	18-08:41 10-02:05	14-12:01 9-02:03	19-16:57 22-04:56	17-18:00 2-01:03	17-19:54 16-01:54	18-24:52 21-04:58	18-26:08 13-01:16	17-30:52 12-04:44	17-31:38 11-00:46	16-33:42 23-01:14	16-33:42 4-00:50	16-34:36 22-00:54	16-37:01 22-02:25	16-38:20 19-01:19	16-39:51 17-01:31	17-41:14 23-01:23	18-43:08 20-01:54	17-43:33 14-00:25	43:30	8:48	Oskari Rannila
18.	Heikki Istolahti	YKV	12-00:53 12-00:53	5-03:45 5-02:52	9-06:38 13-02:53	10-08:41 9-02:03	11-11:26 20-02:45	12-15:23 16-03:57	13-16:43 14-01:20	14-18:40 19-01:57	16-23:35 20-04:55	16-24:58 17-01:23	16-30:27 19-05:29	16-31:12 9-00:45	16-32:21 21-01:09	17-34:04 25-01:43	17-34:53 16-00:49	17-37:24 23-02:31	17-38:45 20-01:21	18-40:19 17-00:59	18-41:18 19-01:47	18-43:34 23-00:29	43:31	8:48	Heikki Istolahti	
19.	Hannes Kullman	Falken	10-00:52 10-00:52	22-04:55 22-04:03	21-08:23 21-03:28	21-11:35 25-03:12	21-15:04 22-03:29	20-10:21 10-03:33	21-19:57 14-01:20	20-21:53 18-01:56	20-26:40 19-04:47	21-28:20 20-01:40	20-32:51 9-04:31	19-33:44 14-00:53	19-34:51 18-01:07	19-35:51 16-01:00	20-37:05 24-01:14	20-39:26 21-02:21	20-40:52 21-01:26	20-42:24 18-01:32	20-43:16 21-01:14	19-45:12 13-01:34	19-45:31 1-00:19	45:31	9:12	Hannes Kullman
20.	Joakim Hakala	Femman	16-00:59 16-00:59	15-04:22 16-03:23	16-07:40 20-03:18	20-10:21 23-02:41	19-12:49 18-02:28	18-16:56 18-04:07	19-18:30 22-01:34	19-20:27 19-01:57	19-25:30 22-05:03	19-26:55 18-01:25	21-34:05 24-07:10	21-35:53 2-00:40	21-37:28 20-01:08	21-37:28 23-01:35	21-38:21 24-02:52	21-41:13 16-01:13	21-42:26 22-01:37	21-43:35 24-01:32	20-47:16 16-01:41	20-47:44 20-00:28	47:41	9:39	Joakim Hakala	
21.	Juho Karhunen	YKV	2-00:47 2-00:47	14-04:20 19-03:33	24-11:50 25-07:30	24-14:20:																				

1.	André Forström	Botnia	1-02:38 1-02:38	1-05:13 1-02:35	1-06:30 1-01:17	1-07:34 1-01:04	1-11:08 1-03:34	1-12:21 2-01:13	1-13:38 2-01:17	1-14:31 1-00:53	1-15:31 1-01:00	1-18:54 1-03:23	1-20:19 1-01:25	1-22:44 1-02:25	1-24:45 1-01:48	1-26:33 1-01:48	1-29:13 1-02:40	1-30:46 1-01:33	1-31:11 2-00:25	31:11	8:42	André Forström
2.	Andreas Granlund	Femman	3-08:24 3-08:24	3-12:51 2-04:27	3-15:02 3-02:11	3-18:33 3-03:31	3-24:03 3-05:30	3-26:19 3-02:16	3-27:58 3-01:48	3-29:46 3-01:48	3-31:34 3-01:48	3-38:13 3-06:39	3-40:30 2-02:17	2-43:39 2-03:09	2-47:23 3-03:44	2-53:14 2-05:51	2-1:01:30 3-08:16	2-1:04:10 3-02:40	2-1:04:48 3-00:38	1:04:44	18:04	Andreas Granlund
3.	Andreas Norrgård	Femman	2-04:09 2-04:09	2-10:45 3-06:36	2-12:53 2-02:08	2-15:10 2-02:17	2-19:15 2-04:05	2-20:12 1-00:57	2-22:06 3-01:54	2-23:07 2-01:01	2-24:21 2-01:14	2-35:54 2-03:34	2-35:54 3-07:59	2-35:54 3-24:20	3-1:02:58 2-02:44	3-1:10:03 3-07:05	3-1:14:26 2-04:23	3-1:17:02 2-02:36	3-1:17:26 1-00:24	1:17:23	21:36	Andreas Norrgård

H18 3,58 km

			1. (297 m)	2. (356 m)	3. (119 m)	4. (130 m)	5. (409 m)	6. (95 m)	7. (107 m)	8. (104 m)	9. (104 m)	10. (341 m)	11. (165 m)	12. (192 m)	13. (257 m)	14. (215 m)	15. (312 m)	16. (246 m)	17. (81 m)	Resultat (min/km)		
1.	Vilhelm Hyman	Brahe	2-02:32 2-02:32	2-05:36 2-03:04	2-07:16 2-01:40	1-00:19 1-01:03	1-11:47 1-03:28	1-12:29 1-00:42	1-13:24 1-00:55	1-14:10 3-00:46	1-14:53 1-00:43	1-17:45 2-02:52	1-19:03 1-01:18	1-20:53 2-01:50	1-23:00 2-02:07	1-27:27 2-04:27	1-31:26 3-03:59	1-33:07 3-01:41	1-33:33 3-00:26	33:30	9:21	Vilhelm Hyman
2.	Petter Åbäck	NOK	3-02:37 3-02:37	4-06:49 4-04:12	4-09:16 4-02:27	4-10:28 2-01:12	3-17:19 3-06:51	3-18:18 2-00:59	3-19:16 2-00:58	3-19:58 1-00:42	2-20:46 2-00:48	2-23:35 1-02:49	2-25:04 2-01:29	2-26:55 3-01:51	2-28:55 1-02:00	2-32:41 1-03:46	2-35:19 1-02:38	2-36:52 1-01:33	2-37:14 2-00:22	37:11	10:23	Petter Åbäck
3.	Iivar Häggman	Malax	1-02:25 1-02:25	1-05:27 1-03:02	1-06:49 1-01:22	2-08:21 3-01:32	2-12:06 2-03:45	2-15:47 3-03:41	2-17:59 3-01:12	2-17:44 2-00:45	3-22:48 4-05:04	3-30:37 4-07:49	3-36:18 4-05:41	3-37:59 1-01:41	3-40:14 3-02:15	3-47:14 4-07:00	3-50:36 2-03:22	3-52:15 3-01:39	3-52:32 1-00:17	52:32	14:40	Iivar Häggman
4.	Björn Forsell	Botnia	4-02:42 4-02:42	3-06:11 3-03:29	3-08:07 3-01:56	3-09:44 4-01:37	4-21:58 4-12:14	4-29:09 4-07:11	4-30:45 4-01:36	4-33:43 4-02:58	4-35:15 3-01:32	4-41:32 3-06:17	4-44:10 3-02:38	4-56:06 4-11:56	4-1:03:53 4-02:59	4-1:08:53 3-04:48	4-1:10:52 4-05:00	4-1:11:21 4-01:59	4-1:11:21 4-00:29	1:11:18	19:54	Björn Forsell

H50 3,09 km

			1. (218 m)	2. (93 m)	3. (162 m)	4. (89 m)	5. (245 m)	6. (204 m)	7. (408 m)	8. (107 m)	9. (119 m)	10. (283 m)	11. (257 m)	12. (215 m)	13. (290 m)	14. (266 m)	15. (81 m)	Resultat (min/km)		
1.	Jari Hautala	Femman	1-01:51 1-01:51	1-02:59 4-01:08	2-04:13 2-01:14	1-04:49 1-00:36	1-06:59 2-02:10	1-08:42 2-01:43	1-12:32 1-03:50	1-13:32 1-01:00	1-14:38 1-01:06	1-16:55 2-02:17	1-19:19 1-02:24	1-21:19 2-02:00	1-24:32 3-03:13	1-26:18 2-01:46	1-26:46 1-00:28	26:46	8:39	Jari Hautala
2.	Jan-Anders Backlund	Femman	3-02:48 3-02:48	3-03:46 2-00:58	3-05:01 3-01:15	3-05:39 2-00:38	3-07:33 1-01:54	3-09:14 1-01:41	3-16:14 4-07:00	3-17:15 2-01:01	3-18:41 4-01:26	3-20:54 1-02:13	3-23:23 2-02:29	2-25:09 1-01:46	2-27:55 2-02:46	2-29:21 1-01:26	2-29:43 1-00:22	29:43	9:37	Jan-Anders Backlund
3.	Jan Torrkulla	Femman	2-02:20 2-02:20	2-03:03 1-00:43	1-04:12 1-01:09	2-04:50 2-00:38	2-07:02 3-02:12	2-08:47 3-01:45	2-12:47 2-04:00	2-13:54 3-01:07	2-15:05 2-01:11	2-17:42 3-02:37	2-22:34 4-04:52	3-25:15 3-02:41	3-27:59 1-02:44	3-30:06 3-02:07	3-30:35 3-00:29	30:35	9:53	Jan Torrkulla
4.	Marko Jylkkä	Ylivku	4-06:05 4-06:05	4-07:03 2-00:58	4-08:42 4-01:39	4-08:42 4-00:51	4-12:29 4-02:56	4-14:44 4-02:15	4-20:04 3-04:06	4-21:17 4-01:14	4-25:22 3-01:13	4-28:16 4-04:05	4-28:16 3-02:54	4-31:06 4-02:50	4-39:15 4-05:58	4-39:49 4-02:11	4-39:49 4-00:34	39:49	12:53	Marko Jylkkä

H55 3,09 km

			1. (218 m)	2. (93 m)	3. (162 m)	4. (89 m)	5. (245 m)	6. (204 m)	7. (408 m)	8. (107 m)	9. (119 m)	10. (283 m)	11. (257 m)	12. (215 m)	13. (290 m)	14. (266 m)	15. (81 m)	Resultat (min/km)		
1.	Esko Ylikangas	Himä	5-03:36 5-03:36	5-04:33 2-00:57	4-05:39 1-01:06	3-06:16 2-00:37	2-08:13 1-01:57	2-09:48 1-01:35	2-14:25 2-04:37	2-15:25 1-01:00	2-16:32 1-01:07	1-19:01 1-02:29	1-21:13 1-02:12	1-23:04 1-01:51	1-25:40 1-02:36	1-27:36 3-01:56	1-28:07 3-00:31	28:04	9:04	Esko Ylikangas
2.	Rainer Råbb	GIF	3-02:33 3-02:33	3-03:27 1-00:54	2-04:46 3-01:19	2-05:29 3-00:43	1-07:53 3-02:24	1-09:44 2-01:51	1-13:53 1-04:09	1-14:53 1-01:00	1-15:56 1-01:03	2-19:25 4-03:29	2-22:18 4-02:45	2-24:22 2-02:12	2-27:04 3-02:42	2-28:56 1-01:52	2-29:25 1-00:29	29:22	9:30	Rainer Råbb
3.	Tom Björklund	Botnia	2-02:19 2-02:19	2-03:21 3-01:02	3-04:49 4-01:28	4-06:18 5-01:29	3-08:38 2-02:20	3-10:39 4-02:01	3-16:21 3-05:42	3-17:35 4-01:14	3-20:06 4-02:31	3-23:17 3-03:11	3-25:56 3-02:39	3-30:55 4-04:59	3-33:36 2-02:41	3-35:31 2-01:55	3-35:57 1-00:26	35:57	11:38	Tom Björklund
4.	Henrik Lindgrén	Femman	4-02:38 4-02:38	4-04:09 5-01:31	5-06:42 5-02:33	5-07:39 4-00:57	5-11:47 5-04:08	5-15:16 5-03:29	4-21:41 4-06:25	5-23:38 5-01:57	5-26:39 5-03:01	5-30:49 5-04:10	5-35:00 5-04:11	4-39:12 3-04:12	4-46:45 4-07:33	4-49:10 5-02:25	4-49:42 4-00:32	49:42	16:05	Henrik Lindgrén
	Sören Strandvall	Minken	1-01:50 1-01:50	1-02:59 4-01:09	1-04:16 2-01:17	1-04:52 1-00:36	4-08:44 4-03:52	5-21:56 3-01:55	4-24:17 5-11:17	4-23:05 3-01:09	4-27:01 3-01:12	4-29:32 2-02:31	5-04:11 2-02:31	0-38:37 2-02:31	0-40:51 4-02:14	0-41:23 4-00:32	Disk.		Sören Strandvall	

D35 3,09 km

			1. (218 m)	2. (93 m)	3. (162 m)	4. (89 m)	5. (245 m)	6. (204 m)	7. (408 m)	8. (107 m)	9. (119 m)	10. (283 m)	11. (257 m)	12. (215 m)	13. (290 m)	14. (266 m)	15. (81 m)	Resultat (min/km)		
1.	Piia Laitala	KaJu	1-02:57 1-02:57	1-04:28 1-01:31	1-06:39 1-02:11	1-07:43 1-01:04	1-11:09 1-03:26	1-13:58 1-02:49	1-20:52 1-06:54	1-22:21 1-01:29	1-28:12 1-05:51	1-31:44 1-03:32	1-35:49 1-04:05	1-39:22 1-03:33	1-43:32 1-04:10	1-46:06 1-02:34	1-46:47 1-00:41	46:44	15:07	Piia Laitala

D20 3,09 km

			1. (218 m)	2. (93 m)	3. (162 m)	4. (89 m)	5. (245 m)	6. (204 m)	7. (408 m)	8. (107 m)	9. (119 m)	10. (283 m)	11. (257 m)	12. (215 m)	13. (290 m)	14. (266 m)	15. (81 m)	Resultat (min/km)		
1.	Patricia Biskop	LapVi	1-02:21 1-02:21	1-03:39 1-01:18	1-05:35 1-01:56	1-07:05 1-04:13	1-11:18 1-04:13	1-16:59 1-05:41	1-21:50 1-04:51	1-23:56 1-02:06	1-25:14 1-01:18	1-31:45 1-02:39	1-34:24 1-07:51	1-42:15 1-07:51	1-44:52 1-03:02	1-47:54 1-03:02	1-48:23 1-00:29	48:19	15:38	Patricia Biskop

H60 2,96 km

			1. (100 m)	2. (212 m)	3. (194 m)	4. (245 m)	5. (204 m)	6. (408 m)	7. (113 m)	8. (225 m)	9. (138 m)	10. (257 m)	11. (333 m)	12. (149 m)	13. (246 m)	14. (81 m)	Resultat (min/km)		
1.	Torbjörn Wiklund	Falken	2-01:07 2-01:07	1-02:58 1-01:51	1-05:05 1-02:07	1-07:22 1-02:17	1-09:21 1-01:59	1-13:23 1-04:02	1-14:24 1-01:01	1-16:41 1-02:17	1-18:04 1-01:23	1-20:27 1-02:23	1-24:20 2-03:53	1-26:02 1-01:42	1-27:56 1-01:54	1-28:28 2-00:32	28:25	9:36	Torbjörn Wiklund
2.	Jarmo Kattilakoski	KoS	3-01:16 3-01:16	2-03:27 4-02:11	2-05:50 2-02:23	2-08:28 2-02:38	2-10:38 4-02:10	2-15:43 4-05:05	2-17:23 4-01:40	2-20:13 3-02:50	2-21:58 5-01:45	2-25:05 3-03:07	2-28:56 5-03:29	2-32:25 5-03:51	2-34:32 4-02:07	2-35:07 5-00:35	35:04	11:50	Jarmo Kattilakoski
3.	Jukka Polso	KoS	5-01:27 5-01:27	3-03:28 2-02:01	3-06:20 4-02:52	5-13:00 6-06:40	5-15:02 3-02:02	5-19:36 2-04:34	5-21:27 6-01:51	5-24:08 2-02:41	5-25:43 3-01:35	5-28:22 2-02:39	4-32:24 4-04:02	3-34:06 1-01:42	3-36:09 3-02:03	3-36:43 3-00:34	36:39	12:22	Jukka Polso
4.	Eero Hakala	Femman	1-01:03 1-01:03	6-05:35 6-04:32	5-08:55 5-03:20	4-11:59 3-03:04	4-13:59 2-02:00	4-18:44 3-04:45	4-19:49 2-01:05	4-22:58 4-03:09	4-24:23 2-01:25	3-27:30 3-03:07	4-32:24 6-04:54	4-34:16 3-01:52	4-36:21 3-02:05	4-36:55 3-00:34	36:52	12:27	Eero Hakala
5.	Staffan Portin	Minken	4-01:22 4-01:22	5-04:03 5-02:41	4-06:32 3-02:29	3-10:01 4-03:29	3-12:31 5-02:30	3-17:39 5-05:08	3-19:21 5-01:42	3-22:35 5-03:14	3-24:19 4-01:44	4-28:12 6-03:53	3-32:12 3-04:00	5-34:33 4-02:21	5-36:44 1-00:31	5-37:15 1-00:37	37:12	12:34	Staffan Portin
6.	Kari Koivumäki	KoS	6-01:34 6-01:34	4-03:43 3-02:09	6-10:28 6-06:45	6-14:24 5-03:56	6-17:03 6-02:39	6-22:50 6-05:47	6-23:59 3-01:09	6-20:20 6-04:21	6-30:18 6-01:58	6-33:48 5-03:30	6-30:05 5-04:17	6-41:46 6-03:41	6-44:18 6-02:32	6-44:55 6-00:37	44:52	15:09	Kari Koivumäki

H16 2,96 km

			1. (100 m)	2. (212 m)	3. (194 m)	4. (245 m)	5. (204 m)	6. (408 m)	7. (113 m)	8. (225 m)	9. (138 m)	10. (257 m)	11. (333 m)	12. (149 m)	13. (246 m)	14. (81 m)	Resultat (min/km)		
1.	Lucas Granlund	Femman	1-01:18 1-01:18	1-04:33 1-03:15	1-10:57 1-06:24	1-14:07 1-03:10	1-16:22 1-02:15	1-21:56 1-05:34	1-23:28 1-01:32	1-26:34 1-03:06	1-28:11 1-01:37	1-31:20 1-03:09	1-35:20 1-04:00	1-37:46 1-02:26	1-39:37 1-01:51	1-40:07 1-00:30	40:07	13:33	Lucas Granlund

D40 2,96 km

			1. (100 m)	2. (212 m)	3. (194 m)	4. (245 m)	5. (204 m)	6. (408 m)	7. (113 m)	8. (225 m)	9. (138 m)	10. (257 m)	11. (333 m)	12. (149 m)	13. (246 m)	14. (81 m)	Resultat (min/km)		
1.	Ann-Sofie Sundelin	Botnia	1-01:19 1-01:19	1-04:15 1-02:56	1-06:30 1-02:15	1-09:18 1-02:48	1-12:16 2-02:58	1-17:53 2-05:37	1-19:24 2-01:31	1-22:32 2-03:08	1-24:14 1-01:42	1-27:28 1-03:14	1-31:37 2-04:09	1-33:31 1-01:54	1-35:53 2-02:22	1-36:32 2-00:39	36:29	12:19	Ann-Sofie Sundelin
2.	Marja Penttilä	KoS	2-02:32 2-02:32	2-06:03 2-03:31	2-08:51 2-02:48	2-11:57 2-03:06	2-14:35 1-02:38	2-20:11 1-05:36	2-21:41 1-01:30	2-24:45 1-03:04	2-26:24 1-01:39	2-29:45 2-03:21	2-33:44 1-03:59	2-35:38 1-01:54	2-37:57 1-02:19	2-38:34 1-00:37	38:31	13:00	Marja Penttilä

2.	Johanna Häggman	MaIax	3-01:16 3-01:16	1-03:41 1-02:25	2-09:26 5-05:45	2-12:23 3-02:57	3-15:51 4-03:28	2-21:21 2-05:30	2-22:29 2-01:08	2-25:40 3-03:11	2-27:21 2-01:41	2-30:42 3-03:21	2-34:57 4-04:15	2-36:58 4-02:01	2-39:18 3-02:20	2-39:47 2-00:29	39:47	13:26	Johanna Häggman
3.	Tuija Jansson	Falken	5-01:27 5-01:27	5-07:03 5-05:36	3-09:43 3-02:40	4-12:55 4-03:12	2-15:36 2-02:41	3-21:57 3-06:21	3-23:20 4-01:23	3-27:03 5-03:43	3-28:44 2-01:41	3-31:54 2-03:10	3-35:54 3-04:00	3-37:48 2-01:54	3-40:35 5-02:47	3-41:07 4-00:32	41:03	13:52	Tuija Jansson
4.	Annika Sandvik	Falken	1-01:04 1-01:04	4-05:26 4-04:22	4-09:53 2-04:27	3-12:38 2-02:45	4-16:39 6-04:01	5-20:24 6-11:45	5-29:32 2-01:08	5-32:14 1-02:42	5-34:30 6-02:06	5-39:56 6-05:36	5-43:55 2-03:59	4-45:54 3-01:59	4-47:56 2-02:02	4-48:28 4-00:32	48:28	16:22	Annika Sandvik
5.	Josefin Torrkulla	Femman	4-01:24 4-01:24	6-07:41 6-06:17	5-10:04 2-02:23	5-15:30 5-05:26	5-18:35 3-03:05	4-25:35 4-07:00	4-26:59 5-01:24	4-30:35 4-03:36	4-32:26 5-01:51	4-36:07 5-03:41	4-40:32 5-04:25	5-46:17 6-05:45	5-48:38 4-02:21	5-49:08 3-00:30	49:05	16:34	Josefin Torrkulla
6.	Anette Möuts	Femman	5-01:27 5-01:27	3-05:22 6-07:35	6-12:57 6-07:35	6-21:44 6-08:47	6-25:25 5-03:41	6-34:22 5-08:57	6-35:57 6-01:35	6-40:15 6-04:18	6-42:03 4-01:48	6-45:39 4-03:36	6-51:37 6-05:58	6-56:16 5-04:39	6-59:13 6-02:57	6-59:51 6-00:38	59:48	20:12	Anette Möuts

D18 2,96 km

			1. (100 m)	2. (212 m)	3. (194 m)	4. (245 m)	5. (204 m)	6. (408 m)	7. (113 m)	8. (225 m)	9. (138 m)	10. (257 m)	11. (333 m)	12. (149 m)	13. (246 m)	14. (81 m)	Resultat	(min/km)	
1.	Selma Määttä	LapVi	1-01:20 1-01:20	1-03:29 1-02:09	5-07:36 5-04:07	5-11:08 5-03:32	4-13:27 1-02:19	2-19:05 2-05:38	2-20:20 1-01:15	2-24:46 1-02:58	2-27:44 1-01:28	2-31:23 1-02:58	1-33:34 1-03:39	2-02:11	1-35:47 3-02:13	1-36:12 1-00:25	36:12	12:13	Selma Määttä
2.	Thelma Backlund	Femman	3-01:24 3-01:24	2-03:34 2-02:10	1-05:49 1-02:15	1-08:41 2-02:52	1-11:00 1-02:19	1-15:45 1-04:45	1-17:02 2-01:17	1-20:22 2-03:20	1-22:20 3-01:58	1-26:42 5-04:22	1-31:16 5-04:34	2-34:50 5-03:34	2-37:11 4-02:21	2-37:41 4-00:30	37:41	12:43	Thelma Backlund
3.	Ida Norrgård	Femman	5-01:41 5-01:41	5-04:45 3-03:04	4-07:10 3-02:25	4-10:09 4-02:59	3-12:34 4-02:25	4-19:16 4-06:42	4-20:34 4-01:18	4-24:51 4-04:17	3-26:31 2-01:40	3-29:45 2-03:14	3-33:29 2-03:44	3-35:38 1-02:09	3-37:38 2-02:00	3-38:05 2-00:27	38:05	12:51	Ida Norrgård
4.	Isabella Enlund	Femman	4-01:28 4-01:28	4-04:33 5-03:05	3-06:58 3-02:25	3-09:48 1-02:50	2-12:12 3-02:24	3-19:06 5-06:54	3-20:23 2-01:17	4-24:51 5-04:28	4-27:25 4-03:34	4-30:41 3-03:16	4-34:33 3-03:52	4-37:55 4-03:22	4-40:16 4-02:21	4-40:48 5-00:32	40:45	13:46	Isabella Enlund
5.	Lotta Vähäsyrinki	NIS	1-01:20 1-01:20	3-04:24 3-03:04	2-06:45 2-02:21	2-09:40 3-02:55	5-13:37 5-03:57	5-19:17 3-05:40	5-21:05 5-01:48	3-24:44 3-03:39	5-35:34 5-10:50	5-39:30 4-03:56	5-43:27 4-03:57	5-45:52 3-02:25	5-47:46 1-01:54	5-48:14 3-00:28	48:14	16:17	Lotta Vähäsyrinki

H65 2,58 km

			1. (103 m)	2. (200 m)	3. (92 m)	4. (210 m)	5. (408 m)	6. (107 m)	7. (104 m)	8. (320 m)	9. (137 m)	10. (381 m)	11. (382 m)	12. (81 m)	Resultat	(min/km)	
1.	Esa Saarela	KoS	1-01:17 1-01:17	2-06:07 2-04:50	2-07:04 1-00:57	2-09:12 1-02:08	2-16:18 1-07:06	1-17:45 1-01:27	1-18:50 1-01:05	1-23:02 1-04:12	1-25:04 1-02:02	1-31:30 2-06:26	1-35:13 1-03:43	1-35:47 1-00:34	35:44	13:51	Esa Saarela
2.	Eero Palomäki	Femman	2-01:25 2-01:25	1-04:40 1-03:15	1-05:44 2-01:04	1-08:07 2-02:23	1-16:09 2-08:02	2-18:47 2-02:38	2-20:05 2-01:18	2-24:36 2-04:31	2-27:11 2-02:35	2-32:59 1-05:48	2-40:19 2-07:20	2-40:53 1-00:34	40:50	15:49	Eero Palomäki

D50 2,58 km

			1. (103 m)	2. (200 m)	3. (92 m)	4. (210 m)	5. (408 m)	6. (107 m)	7. (104 m)	8. (320 m)	9. (137 m)	10. (381 m)	11. (382 m)	12. (81 m)	Resultat	(min/km)	
1.	Yvonne Backman	Falken	1-01:06 1-01:06	2-03:20 2-02:14	2-04:33 2-01:13	2-06:19 1-01:46	2-11:49 2-05:30	2-13:20 2-01:31	2-14:30 1-01:10	1-18:26 1-03:56	1-20:13 2-01:47	1-25:25 1-05:12	1-28:58 2-03:33	1-29:31 2-00:33	29:31	11:26	Yvonne Backman
2.	Jaana Grankull	Kronan	2-01:09 2-01:09	1-03:11 1-02:02	1-04:02 1-00:51	1-06:02 2-02:00	1-10:52 1-04:50	1-12:13 1-01:21	1-14:27 2-02:14	2-21:50 3-07:23	2-23:25 1-01:35	2-28:55 2-05:30	2-32:13 1-03:18	2-32:45 1-00:32	32:42	12:40	Jaana Grankull
3.	Marina Spets	Falken	3-01:13 3-01:13	3-04:06 3-02:53	3-05:40 3-01:34	3-08:03 3-02:23	3-15:10 3-07:07	3-16:45 3-01:35	3-19:47 3-03:02	3-24:53 2-05:06	3-27:21 3-02:28	3-35:19 3-07:58	3-39:24 3-04:05	3-40:02 3-00:38	39:58	15:29	Marina Spets

D16 2,58 km

			1. (103 m)	2. (200 m)	3. (92 m)	4. (210 m)	5. (408 m)	6. (107 m)	7. (104 m)	8. (320 m)	9. (137 m)	10. (381 m)	11. (382 m)	12. (81 m)	Resultat	(min/km)	
1.	Elin Lillhonga	GIF	6-01:47 6-01:47	6-04:05 3-02:18	4-04:53 1-00:48	5-08:17 6-03:24	3-13:27 2-05:10	3-14:40 3-01:13	3-15:40 3-01:00	3-20:58 4-05:18	1-23:05 1-02:07	1-27:22 2-04:17	1-31:07 4-03:45	1-31:34 2-00:27	31:34	12:14	Elin Lillhonga
2.	Jessica Westerlund	Falken	1-00:57 1-00:57	3-03:39 6-02:42	2-04:37 3-00:58	1-06:14 1-01:37	1-10:46 1-04:32	1-11:47 2-01:01	1-12:39 2-00:52	1-17:12 3-04:33	3-25:51 6-08:39	2-30:17 3-04:26	2-33:04 2-02:47	2-33:35 4-00:31	33:32	12:59	Jessica Westerlund
3.	Lova Storgård	Femman	3-01:12 3-01:12	2-03:34 4-02:22	1-04:28 2-00:54	4-13:34 5-02:25	4-15:03 4-06:41	4-16:13 4-01:29	4-20:44 4-01:10	1-22:59 2-04:31	3-30:36 2-02:15	3-34:20 5-07:37	3-34:47 3-03:44	3-34:47 2-00:27	34:47	13:28	Lova Storgård
4.	Viivi Fagerudd	Brahe	2-01:03 2-01:03	1-02:43 1-01:40	5-05:17 5-02:34	3-06:59 2-01:42	2-13:08 3-06:09	2-14:01 1-00:53	2-14:51 1-00:50	4-24:26 5-09:35	4-27:58 4-03:32	4-32:12 1-04:14	4-34:38 1-02:26	4-35:03 1-00:25	35:03	13:35	Viivi Fagerudd
5.	Vilja Storgård	Femman	4-01:21 4-01:21	4-03:45 5-02:24	6-06:36 6-02:51	6-08:53 3-02:17	6-17:45 6-08:52	6-19:52 6-02:02	6-21:54 1-04:30	5-26:24 1-04:30	5-29:01 3-02:37	5-36:50 6-07:49	5-41:27 6-04:37	5-42:02 5-00:35	41:58	16:15	Vilja Storgård
6.	Wilma Spets	Falken	5-01:35 5-01:35	5-03:50 2-02:15	3-04:50 4-01:00	4-07:08 4-02:18	5-14:48 5-07:40	5-16:33 5-01:45	5-18:08 5-01:35	6-34:12 6-16:04	6-39:50 5-05:38	6-46:23 4-06:33	6-50:51 5-04:28	6-51:26 5-00:35	51:23	19:54	Wilma Spets

H70 2,25 km

			1. (100 m)	2. (212 m)	3. (171 m)	4. (415 m)	5. (107 m)	6. (104 m)	7. (104 m)	8. (225 m)	9. (138 m)	10. (298 m)	11. (246 m)	12. (81 m)	Resultat	(min/km)	
1.	Sven-Olof Nylund	Botnia	1-01:13 1-01:13	1-03:51 3-02:38	1-05:32 1-01:41	1-10:52 1-05:20	1-11:59 1-01:07	1-13:11 1-01:12	1-14:09 1-00:58	1-16:53 1-02:44	1-18:27 1-01:34	1-22:39 3-04:12	1-24:52 2-02:13	1-25:23 1-00:31	25:19	11:15	Sven-Olof Nylund
2.	Ari Myllymäki	KPV	4-01:31 4-01:31	2-04:07 2-02:36	2-06:09 6-02:02	3-12:21 5-06:12	2-13:45 3-01:24	2-14:59 3-01:14	2-16:02 3-01:03	2-18:54 2-02:52	2-21:00 9-02:14	2-24:49 1-03:41	2-26:50 1-02:01	2-27:22 2-00:32	27:22	12:09	Ari Myllymäki
3.	Markku Jylkkä	Vlivku	2-01:17 2-01:17	3-04:10 5-02:53	6-07:26 9-03:16	5-13:15 4-05:49	5-15:06 8-01:51	5-16:53 9-03:16	5-17:55 4-03:02	5-20:57 3-03:02	5-22:38 3-01:41	3-26:37 2-03:59	3-28:55 4-02:18	3-29:30 3-00:35	29:27	13:05	Markku Jylkkä
4.	Allan Hattar	Falken	6-01:42 6-01:42	5-04:27 4-02:45	3-06:28 5-02:01	6-14:58 9-08:30	6-16:25 4-01:27	6-17:38 2-01:13	6-18:57 7-01:19	6-23:01 7-04:04	6-24:40 2-01:39	4-29:29 5-04:49	4-31:46 3-02:17	4-32:23 6-00:37	32:23	14:23	Allan Hattar
5.	Henrik Ena	Falken	5-01:38 5-01:38	6-05:06 6-03:28	5-06:53 6-03:28	3-12:21 2-05:28	3-13:48 4-01:27	3-15:03 4-01:15	3-16:23 8-04:23	4-20:46 8-04:23	4-22:31 5-01:45	5-29:39 8-07:08	5-32:04 5-02:25	5-32:41 6-00:37	32:41	14:31	Henrik Ena
6.	Seppo Nurisalo	KoS	3-01:21 3-01:21	9-07:25 9-06:04	9-09:25 4-02:00	9-16:25 8-07:00	8-17:48 2-01:23	8-19:30 8-01:42	8-20:37 4-03:16	7-23:53 4-03:16	7-25:44 7-01:51	6-30:44 6-05:00	6-33:13 6-02:29	6-33:48 3-00:35	33:48	15:01	Seppo Nurisalo
7.	Rolf-Erik Sundelin	GIF	9-02:53 9-02:53	8-07:00 7-04:07	8-09:21 7-06:57	8-16:18 7-06:57	9-17:56 6-01:38	9-19:36 7-01:40	9-20:52 5-01:16	8-24:10 5-03:18	8-26:00 7-31:14	7-34:19 7-05:14	7-34:59 8-03:05	7-34:59 9-00:40	34:56	15:31	Rolf-Erik Sundelin
8.	Tage Torrkulla	Botnia	8-02:10 8-02:10	7-06:44 8-04:34	7-08:39 3-01:55	7-15:25 6-06:46	7-17:21 9-01:56	7-18:39 5-01:18	7-20:04 9-01:25	9-31:03 9-10:59	9-32:47 4-01:44	8-37:04 4-04:17	8-39:44 7-02:40	8-40:22 8-00:38	40:18	17:54	Tage Torrkulla
	Bengt Lövsund	Botnia	7-01:49 7-01:49	4-04:16 1-02:27	4-06:31 7-02:15	2-12:17 3-05:46	4-14:00 7-01:43	4-15:23 6-01:23	4-16:39 5-01:16	3-20:05 8-02:02	3-22:07 8-02:02	0-29:08	0-29:44	0-29:44 5-00:36	Disk.		Bengt Lövsund

D55 2,25 km

			1. (100 m)	2. (212 m)	3. (171 m)	4. (415 m)	5. (107 m)	6. (104 m)	7. (104 m)	8. (225 m)	9. (138 m)	10. (298 m)	11. (246 m)	12. (81 m)	Resultat	(min/km)	
1.	Eija Blomqvist	Femman	1-01:22 1-01:22	2-04:31 4-03:09	1-06:27 2-01:56	1-11:32 1-05:05	1-13:00 1-01:28	1-14:22 2-01:22	1-15:56 4-01:34	1-18:59 3-03:03	2-20:53 4-01:54	1-25:06 1-04:13	1-27:08 2-02:02	1-27:42 1-00:34	27:39	12:17	Eija Blomqvist
2.	Annika Strandberg	Femman	4-01:34 4-01:34	3-04:35 1-03:01	1-06:27 1-01:52	3-12:14 3-05:47	3-13:42 1-01:28	3-16:19 5-02:37	3-17:30 1-01:11	3-20:43 4-03:13	3-22:31 3-01:48	2-26:59 2-04:28	2-29:49 5-02:50	2-30:31 5-00:42	30:28	13:32	Annika Strandberg
3.	Ingela Wärman	Falken	2-01:26	1-04:29	3-06:29	2-11:50	2-13:29	2-15:14	2-16:26	2-19:11	1-20:40	3-30:28	3-32:20	3-32:54	32:51	14:36	Ingela Wärman

			2-01:26	2-03:03	4-02:00	2-05:21	4-01:39	4-01:45	2-01:12	1-02:45	1-01:29	5-09:48	1-01:52	1-00:34			
4.	Johanna Perkkalainen	EE	3-01:28 3-01:28	5-06:40 5-05:12	5-08:36 2-01:56	5-14:23 3-05:47	5-16:00 3-01:37	5-17:17 1-01:17	5-18:51 4-01:34	5-22:24 5-03:33	5-24:27 5-02:03	4-30:55 3-06:28	4-33:28 3-02:33	4-34:08 4-00:40	34:05	15:08	Johanna Perkkalainen
5.	Annika Lindgren	Femman	5-01:55 5-01:55	4-05:01 3-03:06	4-07:15 5-02:14	4-13:57 5-06:42	4-15:39 5-01:42	4-17:10 3-01:31	4-18:37 3-01:27	4-21:24 2-02:47	4-22:57 2-01:33	5-32:21 4-09:24	5-34:56 4-02:35	5-35:30 1-00:34	35:30	15:46	Annika Lindgren

D60 2,25 km

			1. (100 m)	2. (212 m)	3. (171 m)	4. (415 m)	5. (107 m)	6. (104 m)	7. (104 m)	8. (225 m)	9. (138 m)	10. (298 m)	11. (246 m)	12. (81 m)	Resultat	(min/km)	
1.	Tarja Kankaanpää	KauWi	1-01:32 1-01:32	1-04:15 1-02:43	1-06:16 1-02:01	1-12:06 1-05:50	1-13:48 1-01:42	1-15:10 1-01:22	1-25:02 1-01:52	1-33:08 2-00:06	1-34:50 1-01:42	1-39:30 1-04:40	1-42:07 1-02:37	1-42:40 1-00:33	42:37	18:56	Tarja Kankaanpää
2.	Britt-Marie Mylläri	NOK	2-14:05 2-14:05	2-16:54 2-02:49	2-21:51 2-04:57	2-32:04 2-10:13	2-33:51 2-01:47	2-35:29 2-01:38	2-36:41 1-01:12	2-39:41 1-03:00	2-41:31 2-01:50	2-51:51 2-10:20	2-55:06 2-03:15	2-55:42 2-00:36	55:39	24:44	Britt-Marie Mylläri

H75 1,85 km

			1. (218 m)	2. (171 m)	3. (114 m)	4. (348 m)	5. (283 m)	6. (196 m)	7. (121 m)	8. (266 m)	9. (81 m)	Resultat	(min/km)			
1.	Eero Juola	KoS	3-02:53 3-02:53	2-04:55 2-02:02	3-06:49 3-01:54	2-11:05 1-04:16	2-14:32 1-03:27	1-16:40 1-02:08	1-18:23 3-01:43	1-20:43 1-02:20	1-21:17 1-00:34	21:14	11:28	Eero Juola		
2.	Seppo Hartvik	Malax	1-02:38 1-02:38	1-04:38 1-02:00	1-06:02 1-01:24	1-10:26 2-04:24	1-14:07 2-03:41	2-19:14 8-05:07	2-20:53 1-01:39	2-23:24 2-02:31	2-24:03 3-00:39	23:59	12:57	Seppo Hartvik		
3.	Erkki Koivukangas	KoS	2-02:44 2-02:44	3-04:58 3-02:14	2-06:33 2-01:35	3-11:09 3-04:36	3-18:27 6-07:18	3-20:51 2-02:24	3-22:31 2-01:40	3-25:19 3-02:48	3-25:56 2-00:37	25:56	14:01	Erkki Koivukangas		
4.	Sven-Olof Backman	Falken	6-03:25 6-03:25	4-05:49 4-02:24	4-07:54 4-02:05	5-14:51 4-02:05	4-18:52 3-04:01	4-21:31 3-02:39	4-23:30 5-01:59	4-26:58 7-03:28	4-27:46 8-00:48	27:43	14:58	Sven-Olof Backman		
5.	Henrik Nylund	Falken	7-03:41 7-03:41	6-06:11 5-02:30	5-08:21 5-02:10	4-13:41 4-05:20	5-19:24 5-05:43	5-23:04 7-03:40	5-24:59 4-01:55	5-28:18 5-03:19	5-29:02 5-00:44	29:02	15:41	Henrik Nylund		
6.	Torvald Haldin	Femman	9-04:16 9-04:16	8-07:37 8-03:21	8-10:03 6-02:26	8-15:37 6-05:34	6-20:55 4-05:18	6-23:48 4-02:53	6-25:59 7-02:11	6-29:20 6-03:21	6-30:07 7-00:47	30:04	16:15	Torvald Haldin		
7.	Henry Byskata	Femman	4-03:20 4-03:20	7-06:34 7-03:14	6-09:16 7-02:42	6-15:20 7-06:04	7-26:36 7-11:16	7-29:45 6-03:09	7-31:47 6-02:02	7-35:19 8-03:32	7-36:03 5-00:44	36:00	19:27	Henry Byskata		
8.	Eero Kattilakoski	KPV	5-03:24 5-03:24	5-06:04 6-02:40	7-09:47 9-03:43	6-15:20 5-05:33	8-20:20 8-13:00	8-31:13 4-02:53	8-34:02 8-02:49	8-37:13 4-03:11	8-37:54 4-00:41	37:54	20:29	Eero Kattilakoski		
	Mauri Finnilä	VetU	8-04:11 8-04:11	9-09:53 9-05:42	9-13:05 8-03:12	9-30:24 9-17:19						0-1:08:14	Disk.	Mauri Finnilä		

D65 1,85 km

			1. (218 m)	2. (171 m)	3. (114 m)	4. (348 m)	5. (283 m)	6. (196 m)	7. (121 m)	8. (266 m)	9. (81 m)	Resultat	(min/km)			
1.	Berit Tunis	Femman	1-04:13 1-04:13	1-07:39 1-03:26	1-09:38 1-01:59	1-15:58 1-06:20	1-21:24 1-05:26	1-24:38 1-03:14	1-27:07 1-02:29	1-30:58 1-03:51	1-31:42 1-00:44	31:42	17:08	Berit Tunis		

D70 1,85 km

			1. (218 m)	2. (171 m)	3. (114 m)	4. (348 m)	5. (283 m)	6. (196 m)	7. (121 m)	8. (266 m)	9. (81 m)	Resultat	(min/km)			
1.	Kirsti Kattilakoski	KoS	2-03:08 2-03:08	2-06:08 2-03:00	2-08:16 1-02:08	1-14:03 1-05:47	1-18:27 1-04:24	1-21:56 1-03:29	1-24:07 2-02:11	1-28:09 3-04:02	1-28:44 1-00:35	28:41	15:30	Kirsti Kattilakoski		
2.	Bodil Fred	Femman	3-04:05 3-04:05	3-09:44 3-05:39	3-12:51 3-03:07	3-19:26 2-06:35	3-25:37 2-06:11	3-30:29 2-04:52	2-32:34 1-02:05	2-36:33 2-03:59	2-37:33 3-01:00	37:30	20:16	Bodil Fred		
3.	Gunilla Björklund	Falken	1-02:51 1-02:51	1-04:56 1-02:05	1-07:06 2-02:10	2-17:18 3-10:12	2-23:29 2-06:11	2-30:22 3-06:53	3-34:08 3-03:46	3-38:02 1-03:54	3-38:43 2-00:41	38:40	20:54	Gunilla Björklund		

H14 1,64 km

			1. (103 m)	2. (200 m)	3. (132 m)	4. (137 m)	5. (380 m)	6. (312 m)	7. (246 m)	8. (81 m)	Resultat	(min/km)		
1.	Jonne Vähäsöyrinki	NIS	2-00:56	3-03:11	1-04:13	1-06:07	1-10:28	1-13:59	1-16:09	1-16:38	16:35	10:06	Jonne Vähäsöyrinki	
			2-00:56	3-02:15	1-01:02	1-01:54	2-04:21	2-03:31	2-02:10	3-00:29				
2.	Jonatan Hautala	Femman	1-00:52	1-02:27	4-06:33	4-10:22	3-14:27	2-17:07	2-18:40	2-19:05	19:02	11:36	Jonatan Hautala	
			1-00:52	1-01:35	4-03:49	4-03:49	1-04:05	1-02:40	1-01:33	1-00:25				
3.	Isak Norrgård	Femman	3-01:14	2-03:04	2-04:18	2-06:25	2-13:21	3-17:33	3-19:57	3-20:25	20:25	12:26	Isak Norrgård	
			3-01:14	2-01:50	2-01:14	2-02:07	3-06:56	3-04:12	3-02:24	2-00:28				
4.	Onni Ketu	KoS	5-02:24	5-09:11	5-11:15	5-24:05	5-40:59	4-45:42	4-49:33	4-50:09	50:05	30:32	Onni Ketu	
			5-02:24	5-06:47	4-02:04	5-12:50	5-16:54	4-04:43	4-03:51	4-00:36				
	Liam Kronqvist	Falken	4-02:13	4-04:35	3-06:21	3-09:10	4-21:53		0-31:43	0-32:26	Disk.		Liam Kronqvist	
			4-02:13	4-02:22	3-01:46	3-02:49	4-12:43			5-00:43				

D14 1,64 km

			1. (103 m)	2. (200 m)	3. (132 m)	4. (137 m)	5. (380 m)	6. (312 m)	7. (246 m)	8. (81 m)	Resultat	(min/km)			
1.	Ella Nilsson	Minken	1-01:07 1-01:07	2-03:43 2-02:36	1-04:52 1-01:09	1-06:48 2-01:56	1-11:15 2-04:27	1-14:39 1-03:24	1-16:17 1-01:38	1-16:43 1-00:26	16:40	10:09	Ella Nilsson		
2.	Nova Enlund	Femman	3-01:26 3-01:26	1-03:31 1-02:05	2-05:22 3-01:51	3-09:18 3-03:56	2-13:12 1-03:54	2-16:36 1-03:24	2-18:25 2-01:49	2-18:53 3-00:28	18:53	11:30	Nova Enlund		
3.	Felicia Sandvik	Falken	2-01:13 2-01:13	3-04:34 3-03:21	3-06:00 2-01:26	2-07:55 1-01:55	3-15:03 3-07:08	3-22:24 3-07:21	3-24:23 3-01:59	3-24:50 2-00:27	24:47	15:06	Felicia Sandvik		
4.	Meya Karlström	Kronan	4-01:46 4-01:46	4-12:13 4-10:27	4-14:31 5-02:18	4-27:36 4-13:05	4-39:08 4-11:32	4-46:57 4-07:49	4-50:29 4-03:32	4-50:58 5-00:29	50:54	31:02	Meya Karlström		
5.	Annie Kullman	Falken	5-03:34 5-03:34	5-14:20 5-10:46	5-16:28 4-02:08	5-29:40 5-13:12	5-41:12 4-11:32	5-49:03 5-07:51	5-52:46 5-03:43	5-53:14 3-00:28	53:11	32:25	Annie Kullman		

H80 1,43 km

			1. (100 m)	2. (212 m)	3. (206 m)	4. (192 m)	5. (196 m)	6. (121 m)	7. (266 m)	8. (81 m)	Resultat	(min/km)			
1.	Matti Kattilakoski	KPV	1-01:33 1-01:33	1-04:16 1-02:43	1-06:33 1-02:17	1-09:24 1-02:51	1-11:37 1-02:13	1-13:26 3-01:49	1-15:53 1-02:27	1-16:30 2-00:37	16:27	11:30	Matti Kattilakoski		
2.	Jorma Saarimäki	VaaSu	2-01:36 2-01:36	2-04:22 2-02:46	2-07:08 2-02:46	2-10:45 4-03:37	2-13:22 2-02:37	2-15:04 1-01:42	2-18:16 4-03:12	2-19:01 4-00:45	18:58	13:15	Jorma Saarimäki		
3.	Frans Pätt	Minken	5-02:01 5-02:01	4-05:59 4-03:58	3-09:29 3-03:30	3-12:40 2-03:20	3-15:37 3-02:48	3-17:42 5-02:05	3-21:21 3-22:09	3-22:09 5-00:48	22:06	15:27	Frans Pätt		
4.	Roy Torrkulla	Minken	3-01:38	3-04:57	4-11:37	4-15:17	4-18:51	4-20:38	4-23:45	4-24:27	24:24	17:03	Roy Torrkulla		

		3-01:38	3-03:19	4-06:40	5-03:40	4-03:34	2-01:47	2-03:07	3-00:42			
5. Mauri Lähdekorpi	Femman	4-01:44	5-07:52	5-15:33	5-19:07	5-23:00	5-24:49	5-27:56	5-28:32	28:29	19:55	Mauri Lähdekorpi
		4-01:44	5-06:08	5-07:41	3-03:34	5-03:53	3-01:49	2-03:07	1-00:36			

D75 1,43 km

		1. (100 m)	2. (212 m)	3. (206 m)	4. (192 m)	5. (196 m)	6. (121 m)	7. (266 m)	8. (81 m)	Resultat (min/km)		
1. Saga Pätt	Minken									33:47	23:37	Saga Pätt
2. Anne Stoor	KoS	1-01:56	1-05:20	2-13:38	1-26:32	1-29:21	1-31:05	1-34:17	1-35:03	35:00	24:28	Anne Stoor
		1-01:56	2-03:24	2-08:18	1-12:54	1-02:49	1-01:44	1-03:12	1-00:46			
3. Kaija Lähdekorpi	Femman	2-02:03	2-06:05	1-09:16	2-26:54	2-30:39	2-32:44	2-36:21	2-37:11	37:11	26:00	Kaija Lähdekorpi
		2-02:03	3-04:02	1-03:11	2-17:38	2-03:45	2-02:05	2-03:37	2-00:50			
4. Katariina Finnilä	VetU	3-06:10	3-09:29	3-18:17	3-41:12	3-56:24	3-58:50	3-1:02:27	3-1:03:23	1:03:19	44:16	Katariina Finnilä
		3-06:10	1-03:19	3-08:48	3-22:55	3-15:12	3-02:26	2-03:37	3-00:56			

H85 1,26 km

		1. (103 m)	2. (128 m)	3. (173 m)	4. (237 m)	5. (222 m)	6. (266 m)	7. (81 m)	Resultat (min/km)		
1. Kurt Gunell	Falken	1-02:12	1-05:40	1-08:53	1-15:50	1-22:19	1-26:41	1-27:37	27:37	21:55	Kurt Gunell
		1-02:12	1-03:28	1-03:13	1-06:57	1-06:29	1-04:22	1-00:56			

H12 1,22 km

		1. (103 m)	2. (177 m)	3. (162 m)	4. (165 m)	5. (239 m)	6. (246 m)	7. (81 m)	Resultat (min/km)		
1. Emil Skogvik	Kronan	1-01:23	1-03:11	2-05:59	1-08:12	1-10:31	1-13:01	1-13:26	13:23	10:58	Emil Skogvik
		1-01:23	1-01:48	2-02:48	1-02:13	1-02:19	1-02:30	1-00:25			
2. Leonhard Troger	VetU	2-01:36	2-03:38	1-05:51	2-08:21	2-11:11	2-16:02	2-16:29	16:29	13:30	Leonhard Troger
		2-01:36	2-02:02	1-02:13	2-02:30	2-02:50	3-04:51	2-00:27			
3. Oliver Wikman	Brahe	3-04:42	3-09:25	3-15:47	3-22:48	3-35:59	3-38:43	3-39:13	39:13	32:08	Oliver Wikman
		3-04:42	3-04:43	3-06:22	3-07:01	3-13:11	2-02:44	3-00:30			

H10RR 0,88 km

		1. (129 m)	2. (104 m)	3. (176 m)	4. (149 m)	5. (192 m)	6. (81 m)	Resultat (min/km)		
1. Leo Skogvik	Kronan	1-01:39	1-03:59	1-05:57	1-07:11	1-09:23	1-10:00	09:57	11:18	Leo Skogvik
		1-01:39	4-02:20	3-01:58	1-01:14	2-02:12	4-00:37			
2. Max Bäckström	Femman	4-02:32	3-04:35	3-06:29	3-07:50	2-10:04	2-10:32	10:32	11:58	Max Bäckström
		4-02:32	2-02:03	2-01:54	3-01:21	3-02:14	1-00:28			
3. Amos Sandell	Femman	2-01:56	2-04:08	2-06:25	2-07:49	3-11:01	3-11:44	11:44	13:20	Amos Sandell
		2-01:56	3-02:12	4-02:17	4-01:24	5-03:12	5-00:43			
4. Oskari Kettu	KoS	5-05:15	5-06:32	4-08:15	4-09:40	4-11:48	4-12:30	12:17	13:57	Oskari Kettu
		5-05:15	1-01:17	1-01:43	5-01:25	1-02:08	3-00:32			
5. Joar Kronqvist	Falken	3-02:27	4-05:02	5-08:24	4-09:40	5-11:54	5-12:24	12:24	14:05	Joar Kronqvist
		3-02:27	5-02:35	5-03:22	2-01:16	3-02:14	2-00:30			

D10RR 0,88 km

		1. (129 m)	2. (104 m)	3. (176 m)	4. (149 m)	5. (192 m)	6. (81 m)	Resultat (min/km)		
1. Venla Wik	Minken	1-02:29	1-04:56	1-06:57	1-08:21	1-10:41	1-11:18	11:15	12:47	Venla Wik
		1-02:29	1-02:27	1-02:01	1-01:24	1-02:20	2-00:37			
2. Vilma Wik	Minken	2-02:55	2-05:41	2-08:41	2-10:14	2-12:43	2-13:17	13:17	15:05	Vilma Wik
		2-02:55	2-02:46	2-03:00	2-01:33	2-02:29	1-00:34			