

Press release 24.5.2015

Finnish Triathlon Union  
Powerman Open Finnish Duathlon Championships 2015 – Nastola



## Powerman Duathlon 24.5.2015, 1:00 PM in Nastola, Finland



The open Finnish National Duathlon (run – bike – run) Championships were held under sunny skies of Pajulahti Sports Academy in southern Finland.

The first 10 km running track had steadily climbing start and rolled down to the exchange, where the top 3 elite men arrived in a pack. Darby Thomas – the 2014 Male Triathlete of the year – was historically the second athlete to complete the rather hilly 40 km bike loop under 1 hour, thus gaining minutes advance to his rivals. Thomas (Turun Urheiluliitto) kept the high pace until the finish line, which he crossed at time 1:54:20. Ole Antti Halonen (Triathlon Team Kotka) became 2nd in male elite (1:55:29) and Jarmo Rissanen (Kutu Triathlon) 3<sup>rd</sup> in 1 min 30 sec difference.

Female elite saw equally strong finish with Helsinki Triathlon's Maria Söderström at 2:12:40. Skier Sini Alusniemi confirmed after her silver, that she will return to Duathlon. Sari Stenholm finished 3rd on female elite.

*"I am very positively surprised of the high amount of participants the organisers (Case 1 Oy and NT Urheilu Oy) were able to gather in practically 2 week notice – after the recent relocation of the race"* tells the **Triathlon Union Race Referee Kauko Kottonen**.

### Prize money for the elite:

Elite, M/F: € 2.000, 1.000 € for women and 1.000 € for men:

**Male: 1. 500 € 2. 300 € 3. 200 €    Female: 1. 500 € 2. 300 € 3. 200 €**

**+ 1 week (half board) in Ferrer Hotels Mallorca for elite M&F winner + coach**

**ROUTE: See the map link** at Bing Maps: <http://binged.it/1Q5gNuL>

**10km run:** From parking lot of the Pajulahti Ice Hall left on walk way, right through the underpass towards downtown of Nastola. Turn back at Kisaharju park and return the same way about 1 km north past the Pajulahti Sports Academy. Return to the transit area. Drink station at Hevosniemi beach.

**5km run:** From parking lot of the Pajulahti Ice Hall left on walk way, right through the underpass towards downtown of Nastola. Turn back at drink station at Hevosniemi beach and return the same way straight to the transit area.

**40km bike:** Start north and go round Ruuhijärvi, Sylvöjärvi and downtown Nastola.

**20km bike:** Start north and turn around at about 10 km distance at Savistentie road crossing. Return the same way straight to the transit area.

### Further info:

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