

LaSu kuntorastit 20.8.2024 - Koppelo

Rata A 4,9km, tilanne rasteilla, rastivälien ajat

	1. [131]	2. [057]	3. [102]	4. [112]	5. [036]	6. [109]	7. [117]	8. [130]	9. [033]	10. [088]	11. [095]	12. [079]	13. [124]	14. [070]	15. [133]	16. [082]	17. [092]	18. [100]	Tulos
1. Holma Mikael	1-02.17 1-02.17	2-05.10 4-02.53	1-07.48 1-02.38	1-10.50 2-03.02	1-12.59 1-02.09	1-14.16 1-01.17	1-16.03 2-01.47	1-19.59 3-03.56	1-22.00 1-02.01	1-23.40 1-01.40	2-29.28 6-05.48	2-31.09 4-01.41	2-33.17 2-02.08	2-36.07 3-02.50	2-38.59 2-02.52	2-40.49 2-01.50	1-44.19 3-03.30	1-48.43 6-04.24	48.43
2. Ylitepsa Mikko	3-02.31 3-02.31	1-05.03 1-02.32	2-08.12 2-03.09	2-11.13 1-03.01	2-14.03 2-02.50	2-15.21 2-01.18	2-17.06 1-01.45	2-20.36 1-03.30	2-23.03 2-02.27	2-24.49 2-01.46	1-28.41 1-03.52	1-30.12 1-01.31	1-32.18 1-02.06	1-35.04 2-02.46	1-37.52 1-02.48	1-39.52 5-02.00	2-44.55 8-05.03	2-48.57 3-04.02	48.57
3. Koskela Laura	9-03.26 9-03.26	9-06.51 8-03.25	8-11.30 7-04.39	6-15.15 5-03.45	6-18.51 6-03.36	6-21.10 13-02.19	5-23.13 3-02.03	5-27.25 4-04.12	5-30.11 6-02.46	4-32.13 4-02.02	6-40.21 11-08.08	7-42.44 11-02.23	4-45.04 3-02.20	3-48.00 4-02.56	3-51.05 3-03.05	3-53.05 5-02.00	3-56.38 4-03.33	3-1.00.44 4-04.06	1.00.44
4. Väliatalo Markku	6-02.59 6-02.59	7-06.30 9-03.31	4-10.26 3-03.56	5-14.46 7-04.20	4-18.22 6-03.36	5-20.35 10-02.13	5-23.13 11-02.38	8-29.30 13-06.17	8-33.24 11-03.54	8-35.33 5-02.09	7-40.27 2-04.54	5-42.07 3-01.40	5-45.28 7-03.21	5-51.05 12-05.37	6-56.27 14-05.22	6-59.12 9-02.45	5-1.04.14 7-05.02	4-1.08.31 5-04.17	1.08.31
5. Kokkonen Markku	7-03.06 7-03.06	6-06.27 7-03.21	7-11.10 8-04.43	8-15.42 8-04.32	7-19.16 5-03.34	7-21.12 7-01.56	7-23.47 9-02.35	6-28.34 8-04.47	6-31.36 9-03.02	7-34.07 10-02.31	5-39.55 6-05.48	6-42.09 10-02.14	6-45.35 8-03.26	4-49.26 7-03.51	4-53.29 8-04.03	5-58.41 14-05.12	4-1.02.43 5-04.02	5-1.09.30 14-06.47	1.09.30
6. Koskinen Tommi	5-02.56 5-02.56	4-05.57 5-03.01	3-09.53 3-03.56	3-13.23 3-03.30	3-17.23 11-04.00	3-19.06 3-01.43	3-21.32 5-02.26	3-26.36 10-05.04	3-29.29 7-02.53	3-31.41 6-02.12	3-37.20 4-05.39	3-39.23 6-02.03	3-43.27 11-04.04	7-52.28 15-09.01	7-57.38 13-05.10	7-1.00.15 8-02.37	6-1.05.45 12-05.30	6-1.11.22 10-05.37	1.11.22
7. Terho Tatu	8-03.14 8-03.14	5-05.59 2-02.45	11-13.27 14-07.28	11-18.04 10-04.37	10-21.02 4-02.58	10-22.48 4-01.46	8-25.19 7-02.31	7-29.02 2-03.43	7-31.38 4-02.36	6-33.26 3-01.48	8-42.54 12-09.28	10-51.18 15-08.24	9-54.11 5-02.53	10-58.05 8-03.54	9-1.01.17 4-03.12	9-1.03.16 4-01.59	7-1.06.20 2-03.04	7-1.11.40 7-05.20	1.11.40
8. Huru Ari	11-03.39 11-03.39	10-07.29 10-03.50	10-12.58 10-05.29	10-17.32 9-04.34	11-21.44 12-04.12	11-24.02 12-02.18	10-26.39 10-02.37	9-31.36 9-04.57	9-36.02 12-04.26	9-38.17 9-02.15	9-43.54 3-05.37	8-45.58 7-02.04	8-49.27 9-03.29	8-53.37 9-04.10	8-58.39 12-05.02	8-1.01.28 10-02.49	8-1.06.46 9-05.18	8-1.12.34 11-05.48	1.12.34
9. Maria Makkonen	13-05.09 13-05.09	12-09.14 11-04.05	12-16.40 13-07.26	12-21.25 12-04.45	12-25.14 9-03.49	12-27.16 9-02.02	11-29.49 8-02.33	11-35.29 12-05.40	10-39.58 13-04.29	10-42.38 11-02.40	10-48.18 5-05.40	9-50.05 5-01.47	10-54.15 12-04.10	9-58.04 6-03.49	10-1.02.08 9-04.04	10-1.05.07 11-02.59	9-1.09.52 6-04.45	9-1.15.44 12-05.52	1.15.44
10. Hannola Janne	10-03.30 10-03.30	8-06.35 6-03.05	6-10.34 5-03.59	4-14.31 6-03.57	4-18.22 10-03.51	4-20.10 5-01.48	4-22.36 5-02.26	4-27.17 7-04.41	4-29.54 5-02.37	5-32.44 12-02.50	4-38.57 9-06.13	4-41.07 9-02.10	7-47.41 14-06.34	6-51.07 5-03.26	5-55.00 7-03.53	4-56.57 3-01.57	10-1.13.21 15-16.24	10-1.17.22 2-04.01	1.17.22
11. Herrala Alina	15-07.39 15-07.39	14-16.09 13-08.30	14-23.08 12-06.59	14-27.52 11-04.44	14-31.36 8-03.44	14-35.30 14-03.54	13-38.33 13-03.03	13-43.01 6-04.28	12-45.57 8-02.56	12-48.57 13-03.00	11-54.56 8-05.59	11-57.59 12-03.03	11-1.00.36 4-02.37	11-1.06.01 11-05.25	11-1.09.52 6-03.51	11-1.12.04 7-02.12	11-1.17.22 9-05.18	11-1.22.55 9-05.33	1.22.55
12. Kauppinen Sami	4-02.50 4-02.50	3-05.40 3-02.50	5-10.29 9-04.49	7-15.27 14-04.58	9-20.21 14-04.54	9-22.34 10-02.13	9-25.35 12-03.01	10-32.47 14-07.12	13-52.25 15-19.38	13-54.37 6-02.12	12-1.02.07 10-07.30	12-1.04.14 8-02.07	12-1.07.08 6-02.54	12-1.12.12 10-05.04	12-1.16.30 10-04.18	12-1.19.49 12-03.19	12-1.25.40 13-05.51	12-1.29.18 1-03.38	1.29.18
13. Pekkala Niila	2-02.25 2-02.25	11-08.26 12-06.01	9-12.50 6-04.24	9-16.30 4-03.40	8-19.25 3-02.55	8-21.14 6-01.49	14-52.05 15-30.51	14-56.29 5-04.24	14-59.00 3-02.31	14-1.05.13 15-06.13	14-1.28.55 14-23.42	14-1.30.28 2-01.33	14-1.34.12 10-03.44	14-1.36.45 1-02.33	14-1.40.27 5-03.42	13-1.42.11 1-01.44	13-1.44.37 1-02.26	13-1.50.00 8-05.23	1.50.00
14. Leppikorpi Hannu	12-04.19 12-04.19	13-15.22 14-11.03	13-21.53 11-06.31	13-26.42 13-04.49	13-31.28 13-04.46	13-33.26 8-01.58	12-35.51 4-02.25	12-41.22 11-05.31	11-44.33 10-03.11	11-46.47 8-02.14	13-1.16.36 15-29.49	13-1.21.46 13-05.10	13-1.27.45 13-05.59	13-1.33.36 13-05.51	13-1.38.24 11-04.48	14-1.42.34 13-04.10	14-1.48.03 11-05.29	14-1.54.28 13-06.25	1.54.28
15. Lehvonen Riitta	14-05.59 14-05.59	15-18.54 15-12.55	15-31.17 15-12.23	15-39.29 15-08.12	15-47.15 15-07.46	15-51.58 15-04.43	15-57.47 14-05.49	15-1.07.33 15-09.46	15-1.13.40 14-06.07	15-1.18.45 14-05.05	15-1.29.36 13-10.51	15-1.35.59 14-06.23	15-1.43.58 15-07.59	15-1.52.25 14-08.27	15-2.00.16 15-07.51	15-2.05.28 14-05.12	15-2.14.42 14-09.14	15-2.25.00 15-10.18	2.25.00

Rata A, oma, tilanne rasteilla, rastivälien ajat

	1. [131]	2. [057]	3. [102]	4. [112]	5. [036]	6. [109]	7. [117]	8. [130]	9. [033]	10. [088]	11. [095]	12. [079]	13. [124]	Tulos
1. Essi Kölhi	1-03.31 1-03.31	1-14.58 1-11.27	1-20.50 1-05.52	1-32.11 1-11.21	1-41.11 1-09.00	1-43.29 1-02.18	1-46.54 1-03.25	1-54.53 1-07.59	1-59.13 1-04.20	1-1.02.58 1-03.45	1-1.14.21 1-11.23	1-1.34.52 1-20.31	1-1.37.29 1-02.37	1.37.29

Rata B 3,4km, tilanne rasteilla, rastivälien ajat

	1. [092]	2. [125]	3. [124]	4. [079]	5. [095]	6. [130]	7. [070]	8. [109]	9. [036]	10. [082]	11. [057]	12. [131]	13. [100]	Tulos
1. Huttunen Jenny	1-05.31 1-05.31	1-10.22 1-04.51	1-13.48 2-03.26	1-16.48 1-03.00	1-18.31 1-01.43	1-21.12 1-02.41	2-34.07 14-12.55	2-36.30 1-02.23	2-38.01 2-01.31	1-40.40 1-02.39	1-42.45 1-02.05	1-45.41 2-02.56	1-49.19 3-03.38	49.19
2. Artem Domozhov	2-06.21 2-06.21	2-12.29 2-06.08	2-15.26 1-02.57	2-23.17 14-07.51	2-25.06 2-01.49	2-28.11 2-03.05	1-33.25 1-05.14	1-36.03 2-02.38	1-37.26 1-01.23	2-41.26 2-04.00	2-43.43 2-02.17	2-46.31 1-02.48	2-50.23 5-03.52	50.23
3. Virtala Matti	6-08.06 6-08.06	5-16.49 4-08.43	9-25.36 15-08.47	6-29.54 3-04.18	6-32.15 5-02.21	6-36.33 5-04.18	6-42.37 2-06.04	6-46.19 4-03.42	6-50.25 14-04.06	4-55.07 4-04.42	4-58.34 4-03.27	4-1.02.41 4-04.07	3-1.06.30 4-03.49	1.06.30
4. Oikarainen Oiva	3-07.21 3-07.21	3-16.00 3-08.39	3-20.43 5-04.43	4-25.30 6-04.47	4-27.58 7-02.28	5-32.55 7-04.57	5-41.23 9-08.28	5-45.55 8-04.32	5-48.21 6-02.26	3-53.02 3-04.41	3-56.53 7-03.51	3-1.01.50 7-04.57	4-1.08.28 11-06.38	1.08.28
5. Ulla Keskitalo	4-07.25 4-07.25	4-16.20 5-08.55	5-21.02 4-04.42	5-25.49 6-04.47	5-28.14 6-02.25	4-32.54 6-04.40	4-39.26 3-06.32	4-44.32 9-05.06	4-47.06 8-02.34	6-1.01.17 12-14.11	6-1.05.02 6-03.45	5-1.09.49 6-04.47	5-1.14.14 7-04.25	1.14.14
6. Pussi Karoliina	7-08.36 7-08.36	8-19.03 10-10.27	6-24.18 8-05.15	7-29.55 10-05.37	7-32.47 9-02.52	8-37.49 8-05.02	8-46.05 8-08.16	8-52.54 13-06.49	8-55.29 9-02.35	5-1.00.41 5-05.12	5-1.04.58 10-04.17	6-1.10.57 11-05.59	6-1.15.00 6-04.03	1.15.00
7. Komulainen Jenni	14-14.10 14-14.10	14-27.48 14-13.38	14-32.35 6-04.47	13-37.19 4-04.44	13-40.57 12-03.38	13-46.12 9-05.15	12-53.42 5-07.30	9-58.12 6-04.30	9-1.00.37 4-02.25	7-1.07.25 6-06.48	7-1.11.41 8-04.16	7-1.17.05 8-05.24	7-1.20.26 1-03.21	1.20.26
7. Martikainen Emma	14-14.10 14-14.10	14-27.48 14-13.38	14-32.35 6-04.47	13-37.19 4-04.44	13-40.57 12-03.38	13-46.12 9-05.15	12-53.42 5-07.30	9-58.12 6-04.30	9-1.00.37 4-02.25	7-1.07.25 6-06.48	7-1.11.41 8-04.16	7-1.17.05 8-05.24	7-1.20.26 1-03.21	1.20.26
9. Anni Lappela	5-08.05 5-08.05	6-17.13 6-09.08	4-20.49 3-03.36	3-24.30 2-03.41	3-26.38 3-02.08	3-30.34 3-03.56	3-38.24 7-07.50	3-44.20 11-05.56	3-46.38 3-02.18	11-1.12.12 13-25.34	9-1.14.57 3-02.45	9-1.18.27 3-03.30	9-1.23.01 8-04.34	1.23.01
10. Jani Siemers	12-09.47 12-09.47	13-22.44 13-12.57	13-28.45 12-06.01	11-33.47 9-05.02	11-37.49 15-04.02	11-43.38 13-05.49	11-53.35 13-09.57	11-59.39 12-06.04	11-1.02.40 11-03.01	9-1.10.06 9-07.26	10-1.15.37 13-05.31	10-1.21.43 12-06.06	10-1.28.07 10-06.24	1.28.07
11. Ylitepsa Marjut	8-09.08 8-09.08	11-21.51 12-12.43	12-28.34 13-06.43	12-34.58 11-06.24	12-38.58 14-04.00	12-44.44 12-05.46	14-54.24 12-09.40	12-59.50 10-05.26	12-1.04.16 15-04.26	10-1.11.24 8-07.08	13-1.20.16 14-08.52	13-1.26.34 13-06.18	11-1.33.59 13-07.25	1.33.59
12. Aino Perttunen	9-09.10 9-09.10	7-19.00 7-09.50	10-26.11 14-07.11	8-31.06 8-04.55	8-33.26 4-02.20	7-37.25 4-03.59	7-44.38 4-07.13	7-48.52 5-04.14	7-51.42 10-02.50	14-1.18.59 14-27.17	14-1.22.41 5-03.42	14-1.27.18 5-04.37	12-1.34.08 12-06.50	1.34.08
13. Irina Salomaa	10-09.30 10-09.30	9-19.47 8-10.17	7-25.12 9-05.25	9-31.42 12-06.30	9-34.57 10-03.15	9-41.33 14-06.36	9-50.38 10-09.05	13-1.02.11 14-11.33	13-1.06.00 12-03.49	12-1.13.44 10-07.44	11-1.19.11 11-05.27	11-1.26.33 14-07.22	13-1.34.48 14-08.15	1.34.48
13. Ulla Kakko	10-09.30 10-09.30	9-19.47 8-10.17	7-25.12 9-05.25	9-31.42 12-06.30	9-34.57 10-03.15	9-41.33 14-06.36	9-50.38 10-09.05	13-1.02.11 14-11.33	13-1.06.00 12-03.49	12-1.13.44 10-07.44	11-1.19.11 11-05.27	11-1.26.33 14-07.22	13-1.34.48 14-08.15	1.34.48
15. Jari Kovanen	13-10.09 13-10.09	12-22.04 11-11.55	11-28.03 11-05.59	15-38.47 15-10.44	15-41.27 8-02.40	15-46.43 11-05.16	15-1.00.47 15-14.04	15-1.03.51 3-03.04	15-1.06.23 7-02.32	15-1.33.44 15-27.21	15-1.47.11 15-13.27	15-1.52.36 10-05.25	15-1.57.17 9-04.41	1.57.17

Rata B, oma 1, tilanne rasteilla, rastivälien ajat

	1. [092]	2. [125]	3. [124]	4. [079]	5. [095]	6. [130]	7. [109]	8. [036]	9. [082]	10. [057]	11. [131]	12. [100]	Tulos
1. Jenna Laine	1-08.53 1-08.53	1-18.44 1-09.51	1-23.57 1-05.13	1-29.29 1-05.32	1-32.25 1-02.56	1-37.16 1-04.51	1-48.48 1-11.32	1-53.18 1-04.30	1-1.01.22 1-08.04	1-1.06.29 1-05.07	1-1.13.23 1-06.54	1-1.18.58 1-05.35	1.18.58

Rata B, oma 2, tilanne rasteilla, rastivälien ajat

	1. [092]	2. [125]	3. [124]	4. [079]	5. [095]	6. [130]	7. [100]	Tulos
1. Väliatalo Erkki	1-18.06 1-18.06	1-27.44 1-09.38	1-34.11 1-06.27	1-41.46 1-07.35	1-44.40 1-02.54	1-49.53 1-05.13	1-1.17.29 1-27.36	1.17.29

