

LaSu kuntorastit 5.8.2025 - Honkavaara, Inari

Rata A 5km, tilanne rasteilla, rastivälien ajat

	1. [130]	2. [111]	3. [041]	4. [108]	5. [082]	6. [084]	7. [080]	8. [078]	9. [072]	10. [060]	11. [041]	12. [059]	13. [043]	14. [053]	15. [116]	16. [100]	Tulos
1. Mikael Holma	2-03.33	2-07.59	2-11.55	1-15.09	1-17.13	1-18.00	1-21.09	1-23.53	1-25.22	1-28.23	1-31.59	1-34.43	1-35.17	1-41.37	1-42.44	1-44.37	44.37
	2-03.33	1-04.26	2-03.56	1-03.14	1-02.04	2-00.47	1-03.09	1-02.44	1-01.29	7-03.01	3-03.36	1-02.44	1-00.34	11-06.20	3-01.07	1-01.53	
2. Harri Mäki	4-04.15	3-09.19	3-13.41	3-17.11	3-19.21	3-20.16	2-24.27	2-27.52	2-29.30	2-31.31	2-34.46	2-37.59	2-38.42	2-42.15	2-43.13	2-45.23	45.23
	4-04.15	3-05.04	3-04.22	2-03.30	2-02.10	4-00.55	2-04.11	4-03.25	2-01.38	1-02.01	1-03.15	3-03.13	4-00.43	3-03.33	2-00.58	3-02.10	
3. Mikko Ylitepsa	1-03.17	1-07.55	1-11.33	2-15.15	2-19.12	2-19.56	3-27.13	3-30.04	3-32.27	3-34.31	3-38.00	3-40.57	3-41.36	3-44.38	3-45.26	3-47.27	47.27
	1-03.17	2-04.38	1-03.38	3-03.42	9-03.57	1-00.44	11-07.17	3-02.51	9-02.23	2-02.04	2-03.29	2-02.57	3-00.39	1-03.02	1-00.48	2-02.01	
4. Tommy Ryytty	3-04.04	4-10.24	4-16.08	4-20.35	4-23.07	4-23.58	4-28.16	4-31.04	4-32.50	4-35.04	5-45.16	4-48.44	4-49.30	4-52.46	4-53.53	4-56.12	56.12
	3-04.04	4-06.20	7-05.44	4-04.27	3-02.32	3-00.51	3-04.18	2-02.48	3-01.46	3-02.14	12-10.12	4-03.28	6-00.46	2-03.16	3-01.07	5-02.19	
5. Vesa Repo	6-05.10	5-12.18	5-17.37	5-22.44	5-25.43	5-26.50	5-31.42	5-35.14	5-37.24	5-39.55	4-45.05	5-49.45	5-50.21	5-54.17	5-55.26	5-57.46	57.46
	6-05.10	7-07.08	6-05.19	7-05.07	6-02.59	7-01.07	4-04.52	5-03.32	6-02.10	5-02.31	7-05.10	8-04.40	2-00.36	5-03.56	5-01.09	6-02.20	
6. Janne Hannola	12-12.11	11-18.40	10-23.24	8-27.54	7-30.49	7-31.50	7-36.42	7-40.32	7-42.38	7-45.26	7-49.50	6-53.18	6-54.11	6-58.22	6-59.40	6-1.02.31	1.02.31
	12-12.11	5-06.29	4-04.44	5-04.30	5-02.55	5-01.01	4-04.52	7-03.50	5-02.06	6-02.48	5-04.24	4-03.28	7-00.53	6-04.11	7-01.18	8-02.51	
7. Laura Koskela	9-06.13	8-13.07	7-18.57	7-23.59	6-26.51	6-27.56	6-33.56	6-37.41	6-40.03	6-43.21	6-48.27	7-56.44	7-57.29	7-1.01.24	7-1.02.36	7-1.04.53	1.04.53
	9-06.13	6-06.54	9-05.50	6-05.02	4-02.52	6-01.05	9-06.00	6-03.45	8-02.22	10-03.18	6-05.06	11-08.17	5-00.45	4-03.55	6-01.12	4-02.17	
8. Markku Välitalo	5-04.59	7-12.52	6-18.37	6-23.48	11-37.47	11-39.13	9-44.10	8-48.20	8-50.24	8-52.45	8-57.00	8-1.01.04	8-1.01.58	8-1.06.52	8-1.08.15	8-1.11.23	1.11.23
	5-04.59	10-07.53	8-05.45	8-05.11	12-13.59	11-01.26	6-04.57	8-04.10	4-02.04	4-02.21	4-04.15	7-04.04	8-00.54	9-04.54	9-01.23	9-03.08	
9. Maria Makkonen	7-05.18	6-12.39	11-24.19	9-31.56	8-35.25	8-36.42	11-46.31	9-50.47	9-53.39	9-56.56	9-1.03.01	9-1.08.31	9-1.09.30	9-1.13.49	9-1.15.08	9-1.17.55	1.17.55
	7-05.18	9-07.21	12-11.40	10-07.37	8-03.29	9-01.17	12-09.49	9-04.16	11-02.52	8-03.17	8-06.05	10-05.30	9-00.59	7-04.19	8-01.19	7-02.47	
10. Sari Kallela	10-08.33	10-15.45	8-21.00	10-32.19	9-35.43	9-36.54	8-42.18	11-52.14	11-54.27	11-57.44	11-1.05.43	11-1.09.38	11-1.11.18	10-1.15.55	10-1.17.35	10-1.21.24	1.21.24
	10-08.33	8-07.12	5-05.15	11-11.19	7-03.24	8-01.11	7-05.24	12-09.56	7-02.13	8-03.17	11-07.59	6-03.55	12-01.40	8-04.37	11-01.40	10-03.49	
11. Veijo Kujanen	8-05.59	9-14.33	9-21.05	11-33.11	10-37.26	10-39.00	10-45.38	10-50.57	10-53.43	10-57.11	10-1.03.53	10-1.08.59	10-1.10.14	11-1.16.11	11-1.17.48	11-1.21.47	1.21.47
	8-05.59	11-08.34	11-06.32	12-12.06	10-04.15	12-01.34	10-06.38	11-05.19	10-02.46	11-03.28	9-06.42	9-05.06	10-01.15	10-05.57	10-01.37	11-03.59	
12. Hannu Leppikorpi	11-09.26	12-27.02	12-33.26	12-40.13	12-44.33	12-45.51	12-51.26	12-56.08	12-1.00.30	12-1.06.06	12-1.13.20	12-1.24.17	12-1.25.50	12-1.33.00	12-1.35.33	12-1.40.18	1.40.18
	11-09.26	12-17.36	10-06.24	9-06.47	11-04.20	10-01.18	8-05.35	10-04.42	12-04.22	12-05.36	10-07.14	12-10.57	11-01.33	12-07.10	12-02.33	12-04.45	

Rata D 2km, tilanne rasteilla, rastivälien ajat

	1. [135]	2. [134]	3. [130]	4. [131]	5. [121]	6. [116]	7. [058]	8. [100]	Tulos
1. Anni Ylitepsa	1-06.03	1-10.23	1-15.14	1-21.08	1-29.14	1-36.56	1-43.16	1-47.12	47.12
	1-06.03	1-04.20	1-04.51	3-05.54	1-08.06	1-07.42	1-06.20	1-03.56	
2. Ruut Tervaniemi	2-08.04	2-19.14	2-24.56	2-30.47	2-43.34	2-56.13	2-1.05.20	2-1.16.43	1.16.43
	2-08.04	2-11.10	2-05.42	1-05.51	2-12.47	2-12.39	2-09.07	2-11.23	
2. Vesa Tervaniemi	2-08.04	2-19.14	2-24.56	2-30.47	2-43.34	2-56.13	2-1.05.20	2-1.16.43	1.16.43
	2-08.04	2-11.10	2-05.42	1-05.51	2-12.47	2-12.39	2-09.07	2-11.23	

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

	1. [131]	2. [121]	3. [110]	4. [108]	5. [080]	6. [078]	7. [072]	8. [060]	9. [041]	10. [053]	11. [100]	Tulos
1. Tommi Koskinen	3-03.07 3-03.07	1-05.52 1-02.45	1-09.55 1-04.03	3-18.35 15-08.40	1-22.53 3-04.18	1-26.37 2-03.44	1-28.32 1-01.55	1-30.54 1-02.22	1-35.40 1-04.46	1-42.13 4-06.33	1-44.20 1-02.07	44.20
2. Pasi Repo	1-02.42 1-02.42	14-11.40 18-08.58	8-16.11 2-04.31	5-19.52 1-03.41	4-23.48 2-03.56	3-27.27 1-03.39	2-29.27 2-02.00	2-34.20 5-04.53	2-41.55 6-07.35	2-46.54 1-04.59	2-49.08 2-02.14	49.08
3. Eero Niva	4-03.37 4-03.37	2-06.35 2-02.58	2-12.39 6-06.04	1-16.44 5-04.05	2-22.54 10-06.10	2-27.26 8-04.32	4-32.43 17-05.17	3-35.47 2-03.04		15-18.19	3-02.16	56.22
4. Sini Honkanen	13-05.07 13-05.07	7-10.00 8-04.53	6-15.59 5-05.59	8-20.21 7-04.22	7-25.50 8-05.29	5-30.18 7-04.28	5-33.56 11-03.38	6-39.34 10-05.38	4-46.47 5-07.13	4-55.30 6-08.43	3-57.50 4-02.20	57.50
5. Mervi Tervaniemi	12-05.02 12-05.02	13-11.36 17-06.34	11-18.05 8-06.29	9-22.17 6-04.12	9-27.36 6-05.19	9-31.48 5-04.12	10-35.48 13-04.00	9-41.13 8-05.25	5-46.48 2-05.35	5-55.38 7-08.50	4-58.09 5-02.31	58.09
6. Marko Tervaniemi	7-04.34 7-04.34	11-10.57 15-06.23	9-17.45 10-06.48	10-22.19 9-04.34	8-27.25 5-05.06	8-31.27 3-04.02	8-34.40 8-03.13	8-40.25 11-05.45	3-46.14 3-05.49	3-55.14 8-09.00	5-58.17 8-03.03	58.17
7. Maire Tervaniemi	10-04.58 10-04.58	12-11.24 16-06.26	10-18.02 9-06.38	11-22.34 8-04.32	10-27.53 6-05.19	10-32.18 6-04.25	9-35.21 6-03.03	10-41.25 14-06.04	6-47.22 4-05.57	6-55.48 5-08.26	6-59.05 9-03.17	59.05
8. Pauliina Repo	5-03.59 5-03.59	4-07.55 4-03.56	3-13.02 3-05.07	2-16.53 3-03.51	12-35.15 17-18.22	11-39.21 4-04.06	11-41.48 4-02.27	11-46.29 4-04.41	8-55.44 7-09.15	7-1.00.56 2-05.12	7-1.03.37 6-02.41	1.03.37
9. Juha Siivikko	14-06.41 14-06.41	10-10.30 3-03.49	7-16.03 4-05.33	6-20.05 4-04.02	5-25.10 4-05.05	7-31.02 12-05.52	7-34.30 10-03.28	7-40.07 9-05.37	7-52.42 13-12.35	8-1.06.08 14-13.26	8-1.09.26 10-03.18	1.09.26
10. Susanna Mikkonen	2-02.53 2-02.53	3-07.18 6-04.25	5-15.46 12-08.28	4-19.35 2-03.49	3-23.20 1-03.45	4-27.55 9-04.35	3-29.57 3-02.02	5-38.53 17-08.56	9-1.04.10 14-25.17	9-1.09.30 3-05.20	9-1.12.58 11-03.28	1.12.58
11. Ulla Keskitalo	11-04.59 11-04.59	9-10.09 9-05.10	18-44.58 17-34.49	15-49.41 12-04.43	14-56.37 12-06.56	14-1.02.21 11-05.44	13-1.05.29 7-03.08	14-1.10.36 7-05.07	11-1.20.32 8-09.56	11-1.33.28 13-12.56	10-1.36.25 7-02.57	1.36.25
12. Paulus Keskitalo	9-04.56 9-04.56	6-09.34 7-04.38	17-44.49 18-35.15	14-49.30 11-04.41	13-56.04 11-06.34	13-1.02.18 15-06.14	14-1.05.32 9-03.14	13-1.10.29 6-04.57	10-1.20.31 9-10.02	10-1.33.03 12-12.32	11-1.36.33 12-03.30	1.36.33
13. Minna Hartikainen-Portti	17-24.08 17-24.08	17-30.17 13-06.09	16-40.47 16-10.30	17-1.01.46 17-20.59	15-1.12.09 14-10.23	16-1.18.27 16-06.18	16-1.22.29 14-04.02	17-1.28.34 15-06.05	14-1.40.10 11-11.36	14-1.49.56 10-09.46	12-1.55.24 14-05.28	1.55.24
13. Riitta Kämäräinen	16-24.07 16-24.07	16-30.09 11-06.02	14-40.35 14-10.26	16-1.00.59 16-20.24	17-1.12.28 16-11.29	15-1.18.21 13-05.53	15-1.22.28 15-04.07	15-1.28.31 13-06.03	13-1.40.09 12-11.38	12-1.49.41 9-09.32	12-1.55.24 15-05.43	1.55.24
15. Henna Tervaniemi	18-24.13 18-24.13	18-30.18 12-06.05	15-40.44 14-10.26	18-1.01.51 18-21.07	16-1.12.22 15-10.31	16-1.18.27 14-06.05	17-1.22.34 15-04.07	15-1.28.31 12-05.57	12-1.40.00 10-11.29	13-1.49.48 11-09.48	14-1.55.35 16-05.47	1.55.35

Rata C 2,7km, tilanne rasteilla, rastivälien ajat

	1. [131]	2. [121]	3. [110]	4. [108]	5. [060]	6. [041]	7. [116]	8. [100]	Tulos
1. Petri Sipiläinen	1-12.46 1-12.46	1-18.09 2-05.23	2-30.46 2-12.37	1-39.57 1-09.11	1-45.41 1-05.44	1-53.16 1-07.35	1-1.01.21 2-08.05		1.01.21
2. Merja Ylönen	2-14.28 2-14.28	2-19.24 1-04.56	1-26.47 1-07.23	2-44.03 2-17.16	2-51.50 2-07.47	2-1.11.37 2-19.47	2-1.18.16 1-06.39		1.18.16