# PAUNU GAMES 4 JÄMSÄ 7.8.2023

**Miehet**

**M Kolmiloikka/TJ**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Tuomas Kaukolahti | KU-58 | 6.5.94 | 15,88 | –0,2 | |
| | 15,46/-0.8 15,80/-0.4 X/0.3 X/0.1 X/0.2 15,88/-0.2 | | | | | |
| 2 | Antti Inkinen | LappUM | 20.4.87 | 14,28 | –0,6 | SB |
| | X/-0.7 13,95/-0.3 14,24/0.2 SB 13,98/0.2 14,28/-0.6 SB 13,15/-0.6 | | | | | |
| 3 | Jimi Huuho | PyhäsU | 13.2.01 | 14,00 | –0,7 | |
| | X/-0.9 13,59/-1.0 13,94/-0.2 13,85/-0.1 14,00/-0.7 13,76/-0.5 | | | | | |
| 4 | Deshawn Holopainen | JoensKa | 5.12.04 | 13,99 | –0,3 | SB |
| | X/-1.2 13,81/0.3 13,72/-0.4 13,68/-0.1 X/0.2 13,99/-0.3 SB | | | | | |
| 5 | Daniel Sjölind | IFÅsarna | 3.3.85 | 13,78 | –0,2 | |
| | 13,39/-0.9 12,98/0.0 13,45/0.2 13,34/0.5 13,78/-0.2 13,74/-0.6 | | | | | |
| 6 | Mauri Merikanto | HelsKT | 26.9.54 | 9,07 | –0,8 | SB |
| | 8,68/-0.1 X/0.1 8,94/-0.3 9,02/-0.4 8,85/-0.7 9,07/-0.8 SB | | | | | |

**P15 Pituus/LJ**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Jiri Hokkanen | JyväskKU | 11.1.10 | 4,61 | +1,1 | |
| | X/-0.4 X/-0.3 4,60/-0.2 4,61/1.1 4,51/-0.1 X/1.6 | | | | | |

**P15 Kiekko/DT**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Konsta Hämelehto | KaipVi | 21.4.09 | 41,14 | | PB |
| | 40,59 PB 41,14 PB X X 35,67 X | | | | | |

**P13 Kolmiloikka/TJ**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Eero Sinkkonen | JyväskKU | 20.3.11 | 10,25 | –0,9 | |
| | X/-0.2 9,75/-0.2 X/0.2 X/-0.3 X/-0.4 10,25/-0.9 | | | | | |

**P13 Kiekko/DT**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Jiri Hokkanen | JyväskKU | 11.1.10 | 25,95 | | P B | |
| | X 25,95 PB X 22,83 X X | | | | | | |
| 2 | Eero Sinkkonen | JyväskKU | 20.3.11 | 22,89 | | P B | |
| | X 22,88 PB 22,89 PB X X 22,85 | | | | | | |

**P11 1000 m**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Peetu Kahilainen | JyväskKU | 17.2.13 | 3.43,68 | | P B | |
| 2 | Janne Tuominen | LahdA | 16.12.12 | 4.15,62 | | | |

**P11 Seiväs/PV**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Peetu Kahilainen | JyväskKU | 17.2.13 | 1,60 | | | |
| | 1,40/O 1,50/O 1,60/O 1,70/XXX | | | | | | |

**P11 Kiekko/DT**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Janne Tuominen | LahdA | 16.12.12 | 11,31 | | | |
| | X 9,98 11,31 11,13 | | | | | | |

**P9 1000 m**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Juho Tuominen | LahdA | 31.8.14 | 3.52,47 | | P B | |

**P9 Kiekko/DT**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Juho Tuominen | LahdA | 31.8.14 | 13,97 | | P B | |
| | 12,54 13,97 PB 12,68 X | | | | | | |

**Naiset**

**N 800 m**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Hilla Ruokostenpohja | JyväskKU | 21.8.11 | 2.32,97 | | P B | |
| 2 | Saimi Muhonen | JyväskKU | 18.10.10 | 2.36,39 | | P B | |
| 3 | Laura Pietilä | JyväskKU | 10.12.82 | 2.37,96 | | S B | |
| 4 | Jenni Tuominen | LahdA | 5.7.09 | 2.47,14 | | | |
| 5 | Iida Tamminen | KaipVi | 4.4.09 | 2.57,45 | | S B | |
| 6 | Johanna Ruupunen | JyväskKU | 10.1.92 | 3.02,92 | | P B | |

**N Kolmiloikka/TJ**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Jessica Miettinen | JoensKa | 24.6.98 | 12,85 | +0,3 | P B | (ka 51.) |

| | | | | | |
|---|---|---|---|---|---|
| | X/0.6 12,59/0.7 12,49/-0.2 12,58/-0.3 12,85/0.3 PB X/0.6 | | | | |
| 2 | Elina Kostiainen | VihdVie | 23.4.92 | 12,55 | –0,3 |
| | 12,34/0.1 12,32/0.1 X/0.2 12,38/0.1 X/0.3 12,55/-0.3 | | | | |
| 3 | Ilona Ruohola | TuUL | 14.4.03 | 12,49 | –0,5 |
| | 12,49/-0.5 12,46/-0.2 X/-0.4 12,19/-0.5 X/-0.3 12,27/0.7 | | | | |
| 4 | Janita Leppäranta | KristU | 26.2.00 | 12,26 | –0,2 |
| | 12,08/0.4 X/-0.6 X/0.3 12,25/0.3 X/-0.3 12,26/-0.2 | | | | |
| 5 | Siri Savolainen | NaantLöy | 31.10.00 | 12,19 | –0,9 |
| | 11,90/-0.5 X/-0.1 12,19/-0.9 X/0.4 11,95/-0.2 X/0.1 | | | | |
| 6 | Emilia Heino | TampPy | 25.12.02 | 12,12 | –0,2 |
| | 11,79/-0.3 11,89/-0.5 12,00/-0.1 X/1.6 11,96/-0.9 12,12/-0.2 | | | | |
| 7 | Selma Saarinen | LappVei | 26.9.01 | 12,05 | –0,3 |
| | 11,83/-0.9 11,90/-0.3 12,05/-0.3 11,94/0.2 11,85/-0.6 X/0.2 | | | | |
| 8 | Sini Sanaslahti | KaipVi | 14.10.95 | 12,04 | +0,6 |
| | 12,04/0.6 X/-0.5 X/-0.1 X/0.2 12,03/0.3 X/0.2 | | | | |
| 9 | Laura Rautiainen | LahdA | 14.6.98 | 11,90 | –0,6 |
| | X/0.5 11,90/-0.6 X/-0.8 | | | | |
| 10 | Janika Jokinen | TampU | 12.9.02 | 11,78 | +0,4 |
| | X/-1.0 11,78/0.4 11,63/-0.5 | | | | |
| 11 | Petra Kallionpää | LahdA | 14.4.00 | 11,41 | –0,6 |
| | X/0.3 11,41/-0.6 11,22/-0.5 | | | | |
| | Wilhelmiina Harju | JyväskKU | 26.7.02 | NM | –0,9 |
| | X/0.8 X/0.1 X/-0.9 | | | | |

**N19 Kolmiloikka/TJ**

| | | | | | |
|---|---|---|---|---|---|
| 1 | Sari Rantoja | AlavU | 9.8.05 | 11,04 | +0,1 |
| | 11,04/0.1 9,89/0.7 X/0.1 11,00/0.1 10,54/-0.4 11,03/-0.1 | | | | |

**N17 Kolmiloikka/TJ**

| | | | | | |
|---|---|---|---|---|---|
| 1 | Kerttu Rantakangas | KaipVi | 16.6.06 | 11,61 | +0,2 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | 11,51/-0.8 | 11,45/-0.7 | 11,61/0.2 | 11,28/-0.9 | P | P | |

**T15 Pituus/LJ**

| | | | | | | |
|---|---|---|---|---|---|---|
| | Iida Tamminen | KaipVi | 4.4.09 | NM | –0,2 | |
| | X/-0.2 | X/-0.8 | X/-0.6 | X/1.5 | X/0.2 | X/-0.2 |

**T15 Kiekko/DT**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Elina Ketonen | KaipVi | 31.1.08 | 24,18 | | PB |
| | X | 21,70 SB | 24,18 PB | X | 22,08 | 21,84 |
| 2 | Iida Tamminen | KaipVi | 4.4.09 | 22,35 | | PB |
| | 21,72 PB | 18,81 | 21,17 | 22,35 PB | X | 20,11 |

**T13 1000 m**

| | | | | | |
|---|---|---|---|---|---|
| 1 | Hilla Ruokostenpohja | JyväskKU | 21.8.11 | 3.18,97 | |
| 2 | Iida Taini | KaipVi | 27.3.11 | 3.41,25 | |
| 3 | Ninni-Maria Ylönen | JyväskKU | 30.9.11 | 3.45,31 | PB |
| 4 | Emilia Salonen | KaipVi | 23.3.11 | 4.14,58 | SB |
| 5 | Julia Talvinen | KaipVi | 9.3.10 | 4.17,29 | PB |

**T13 Kolmiloikka/TJ**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Emilia Salonen | KaipVi | 23.3.11 | 9,44 | –0,4 | |
| | 8,83/-0.5 | 9,35/-0.4 | 9,35/-0.6 | 9,44/-0.4 | 9,39/-0.9 | 9,42/0.8 |
| 2 | Julia Talvinen | KaipVi | 9.3.10 | 9,33 | +0,3 | |
| | 9,33/0.3 | 8,98/-0.9 | X/-0.6 | 9,06/-0.7 | 9,20/-0.3 | X/-1.0 |
| 3 | Iida Taini | KaipVi | 27.3.11 | 8,72 | –0,3 | PB |
| | 8,60/-1.1 PB | 8,72/-0.3 PB | 8,62/-0.6 | 8,43/0.4 | 8,70/-0.5 | 8,63/-0.4 |
| 4 | Lumi-Kukka Saaranen | JyväskKU | 12.3.11 | 8,71 | +0,5 | |
| | 8,44/-0.5 | 8,35/-0.8 | 8,31/-0.5 | 8,30/-0.9 | X/-0.6 | 8,71/0.5 |
| 5 | Ninni-Maria Ylönen | JyväskKU | 30.9.11 | 8,42 | +1,0 | |
| | 8,23/-0.2 | 8,26/-0.2 | 8,14/-0.6 | 8,42/1.0 | 8,12/-0.3 | X/-0.4 |

**T13 Kiekko/DT**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Pinja Vienola | JyväskKU | 9.5.12 | 33,64 | PB **kk1** PB **1** | (11-v. ka 23.) |
| | 26,58 33,14 kk11 PB 29,00 31,24 X 33,64 kk11 PB | | | | | |
| 2 | Saimi Muhonen | JyväskKU | 18.10.10 | 27,53 | PB | |
| | 26,24 PB X 27,49 PB 27,40 27,53 PB X | | | | | |
| 3 | Emilia Salonen | KaipVi | 23.3.11 | 22,37 | PB | |
| | 19,70 PB 18,73 20,56 PB 18,39 19,90 22,37 PB | | | | | |
| 4 | Fanni Virtanen | JyväskKU | 6.7.11 | 18,69 | PB | |
| | 15,11 X X 18,69 PB 17,37 16,45 | | | | | |
| 5 | Lumi-Kukka Saaranen | JyväskKU | 12.3.11 | 17,10 | PB | |
| | 17,10 PB X X 16,69 X 14,89 | | | | | |
| 6 | Ninni-Maria Ylönen | JyväskKU | 30.9.11 | 15,97 | SB | |
| | X X 15,97 SB X 13,80 14,04 | | | | | |
| 7 | Iida Taini | KaipVi | 27.3.11 | 15,93 | PB | |
| | X 11,95 PB 14,13 PB 15,93 PB 14,34 14,09 | | | | | |

**T11 1000 m**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Minea Haapsalo | PorvU | 18.9.12 | 3.40,19 | | |
| 2 | Emilia Ekonoja | JyväskKU | 1.3.13 | 3.51,57 | PB | |
| 3 | Lumi Jylhä | JyväskKU | 22.8.13 | 3.52,30 | | |
| 4 | Emilia Räsänen | JyväskKU | 12.10.12 | 3.57,91 | PB | |

**T11 Kiekko/DT**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Silja Hokkanen | JyväskKU | 16.5.12 | 15,57 | | |
| | X 13,73 X 15,57 | | | | | |
| 2 | Hilma Kaasalainen | JyväskKU | 25.2.13 | 15,22 | PB | |
| | X 14,77 PB X 15,22 PB | | | | | |
| 3 | Sofia Jylhä | KaipVi | 28.7.12 | 15,18 | PB | |
| | 13,61 PB 12,51 14,78 PB 15,18 PB | | | | | |
| 4 | Lumi Jylhä | JyväskKU | 22.8.13 | 14,91 | | |
| | X 14,61 X 14,91 | | | | | |
| 5 | Emilia Räsänen | JyväskKU | 12.10.12 | 12,43 | PB | |
| | 11,45 10,58 12,43 PB X | | | | | |

**T9 1000 m**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Hilma Kurjonen | KaipVi | 20.2.15 | 4.32,41 | PB | |

| | | | | | |
|---|---|---|---|---|---|
| 2 | Tilda Jokiperä | KaipVi | 22.9.16 | 4.32,96 | PB |
| 3 | Sini Virtanen | KaipVi | 19.4.16 | 5.58,72 | PB |

**T9 Seiväs/PV**

| | | | | | |
|---|---|---|---|---|---|
| 1 | Sofia Virtanen | JyväskKU | 28.1.15 | 1,11 | PB |
| | 1,11/XXO PB 1,16/XXX | | | | |
| | Sini Virtanen | KaipVi | 19.4.16 | NH | |
| | 1,11/XXX | | | | |

**T9 Kiekko/DT**

| | | | | | |
|---|---|---|---|---|---|
| 1 | Hilma Kurjonen | KaipVi | 20.2.15 | 8,34 | PB |
| | 7,35 PB 6,99 7,63 PB 8,34 PB | | | | |
| 2 | Sini Virtanen | KaipVi | 19.4.16 | 4,28 | PB |
| | X X 4,08 PB 4,28 PB | | | | |
| 3 | Viivi Virtanen | KaipVi | 10.2.18 | 3,32 | PB |
| | X X 3,32 PB X | | | | |