

Karhurastit 17.7.2021, Salmijoki, Sallan Karhut

[H21](#) [H35](#) [H40](#) [H45](#) [H50](#) [H55](#) [H60](#) [H65](#) [H70](#) [H18](#) [H16](#) [D21](#) [D35](#) [D40](#) [D45](#) [D50](#) [D55](#) [D60](#) [D65](#) [D70](#) [D75](#) [D18](#) [D16](#) [H14](#) [H12](#) [D14](#) [D12](#) [H10RR](#) [D10RR](#)

H21 5,10 km

| | | 1. (493 m) | 2. (578 m) | 3. (311 m) | 4. (449 m) | 5. (1023 m) | 6. (266 m) | 7. (486 m) | 8. (222 m) | 9. (130 m) | 10. (318 m) | 11. (188 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|-----|--------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|-----------------------|----------------|-------|------------------|
| 1. | Antti Saikko TP | 2-02:54 2-02:54 | 1-05:45 2-02:51 | 1-07:53 1-02:08 | 1-10:21 1-02:28 | 1-16:03 1-05:42 | 1-17:25 2-01:22 | 1-20:17 3-02:52 | 1-21:21 1-01:04 | 1-22:03 3-00:42 | 1-23:26 1-01:23 | 1-24:21 2-00:55 | 1-25:33 2-01:12 | 1-27:11 1-01:38 | 1-27:26 2-00:15 | 27:26 | 5:22 | Antti Saikko |
| 2. | Jyri Uusitalo PelPo | 4-03:15 4-03:15 | 2-06:16 3-03:01 | 2-08:45 4-02:29 | 2-11:37 4-02:52 | 2-18:10 4-06:33 | 2-19:29 1-01:19 | 2-22:26 4-02:57 | 2-23:33 2-01:07 | 2-24:15 3-00:42 | 2-25:42 3-01:27 | 2-26:36 1-00:54 | 2-27:45 1-01:09 | 2-29:34 6-01:49 | 2-29:58 11-00:24 | 29:58 | 5:52 | Jyri Uusitalo |
| 3. | Anssi Koirikivi RasTiimi | 1-02:45 1-02:45 | 3-06:43 8-03:58 | 4-09:40 9-02:57 | 5-13:05 7-03:25 | 4-18:56 2-05:51 | 3-21:31 10-02:35 | 3-24:13 2-02:42 | 3-25:20 2-01:07 | 3-26:01 2-00:41 | 3-27:30 4-01:29 | 3-28:31 5-01:01 | 3-29:44 4-01:13 | 3-31:28 3-01:44 | 3-31:42 1-00:14 | 31:42 | 6:12 | Anssi Koirikivi |
| 4. | Perttu Hietala PelPo | 6-03:38 6-03:38 | 5-06:59 5-03:21 | 3-09:16 3-02:17 | 3-12:09 5-02:53 | 6-20:35 10-08:26 | 5-23:32 11-02:57 | 5-26:07 1-02:35 | 5-27:15 4-01:08 | 5-28:07 9-00:52 | 5-29:33 2-01:26 | 5-30:33 4-01:00 | 4-31:46 4-01:13 | 4-33:29 2-01:43 | 4-33:46 3-00:17 | 33:46 | 6:37 | Perttu Hietala |
| 5. | Ilkka Nurminen HS | 7-03:40 7-03:40 | 7-07:18 6-03:38 | 7-09:56 7-02:38 | 6-13:31 8-03:35 | 4-20:23 5-06:52 | 4-21:54 3-01:31 | 4-25:19 8-03:25 | 4-26:37 6-01:18 | 4-27:27 8-00:50 | 4-29:12 9-01:45 | 4-30:21 9-01:09 | 5-31:53 9-01:32 | 5-34:00 10-02:07 | 5-34:28 13-00:28 | 34:28 | 6:45 | Ilkka Nurminen |
| 6. | Arttu Taulavuori AlatPi | 3-03:01 3-03:01 | 4-06:49 7-03:48 | 5-09:45 8-02:56 | 8-14:29 12-04:44 | 8-21:46 6-07:17 | 7-23:52 8-02:06 | 7-27:13 7-03:21 | 6-28:35 7-01:22 | 6-29:23 7-00:48 | 6-31:05 7-01:42 | 6-32:13 8-01:08 | 6-33:37 8-01:24 | 6-35:34 8-01:57 | 6-35:51 3-00:17 | 35:51 | 7:01 | Arttu Taulavuori |
| 7. | Jonathan Ray OK77 | 8-04:01 8-04:01 | 6-07:16 4-03:15 | 6-09:48 5-02:32 | 4-12:28 3-02:40 | 3-18:48 3-06:20 | 6-23:49 13-05:01 | 9-28:33 12-04:44 | 9-29:46 5-01:13 | 8-30:33 6-00:47 | 7-32:06 5-01:33 | 7-33:10 7-01:04 | 7-34:31 6-01:21 | 7-36:23 7-01:52 | 7-36:43 6-00:20 | 36:43 | 7:11 | Jonathan Ray |
| 8. | Petri Ikävälko KangSK | 5-03:35 5-03:35 | 8-07:42 10-04:07 | 8-10:16 6-02:34 | 10-14:52 11-04:36 | 8-22:45 10-07:53 | 9-24:23 4-01:38 | 8-28:01 9-03:38 | 8-29:44 11-01:43 | 9-30:39 10-00:55 | 8-32:22 8-01:43 | 8-33:33 10-01:11 | 8-35:03 8-01:30 | 8-37:07 9-02:04 | 8-37:31 11-00:24 | 37:31 | 7:21 | Petri Ikävälko |
| 9. | Riku Koirikivi Pohjant | 11-04:50 11-04:50 | 11-09:21 11-04:31 | 10-11:37 2-02:16 | 9-14:33 6-02:56 | 9-22:29 9-07:56 | 10-26:21 12-03:52 | 10-29:29 6-03:08 | 10-31:11 10-01:42 | 10-31:57 5-00:46 | 10-33:37 6-01:40 | 10-34:38 5-01:01 | 9-35:50 2-01:12 | 9-37:38 5-01:48 | 9-37:58 6-00:20 | 37:58 | 7:26 | Riku Koirikivi |
| 10. | Mikko Sirén AngA | 12-04:57 12-04:57 | 9-07:47 1-02:50 | 9-11:19 12-03:32 | 7-13:49 2-02:30 | 9-21:37 7-07:48 | 6-27:08 9-02:31 | 6-27:08 5-03:00 | 7-29:20 13-02:12 | 7-29:55 1-00:35 | 9-32:47 13-02:52 | 9-33:43 3-00:56 | 10-36:13 13-02:30 | 10-37:57 3-01:44 | 10-38:17 6-00:20 | 38:17 | 7:30 | Mikko Sirén |
| 11. | Miikka Hourula Pohjant | 9-04:31 9-04:31 | 10-08:37 9-04:06 | 11-11:44 10-03:07 | 11-16:06 10-04:22 | 11-27:11 12-11:05 | 11-28:59 6-01:48 | 11-33:01 11-04:02 | 11-34:34 8-01:33 | 11-35:36 11-01:02 | 11-37:44 10-02:08 | 11-39:06 11-01:22 | 11-40:56 11-01:50 | 11-43:25 13-02:29 | 11-43:47 9-00:22 | 43:47 | 8:35 | Miikka Hourula |
| 12. | Andrey Lanev LapSu | 10-04:47 10-04:47 | 12-09:28 12-04:41 | 12-12:58 11-03:30 | 12-16:53 9-03:55 | 12-27:40 11-10:47 | 12-29:24 5-01:44 | 12-33:13 10-03:49 | 12-34:46 8-01:33 | 12-35:48 11-01:02 | 12-37:58 11-02:10 | 12-39:22 12-01:24 | 12-41:14 12-01:52 | 12-43:40 11-02:26 | 12-44:02 9-00:22 | 44:02 | 8:38 | Andrey Lanev |
| 13. | Eino Gretschel KEV | 13-06:40 13-06:40 | 13-15:18 13-08:38 | 13-21:10 13-05:52 | 13-42:40 13-21:30 | 13-55:33 13-12:53 | 13-57:25 7-01:52 | 13-1:02:19 13-04:54 | 13-1:04:12 12-01:53 | 13-1:05:17 13-01:05 | 13-1:07:28 12-02:11 | 13-1:08:55 13-01:27 | 13-1:10:40 10-01:45 | 13-1:13:06 11-02:26 | 13-1:13:23 3-00:17 | 1:13:23 | 14:23 | Eino Gretschel |

H35 4,45 km

| | | 1. (205 m) | 2. (650 m) | 3. (311 m) | 4. (285 m) | 5. (206 m) | 6. (673 m) | 7. (716 m) | 8. (222 m) | 9. (130 m) | 10. (242 m) | 11. (180 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|----|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|------|----------------|
| 1. | Lauri Leinonen Pohjant | 1-02:12 1-02:12 | 1-07:48 1-05:36 | 1-11:26 1-03:38 | 1-14:48 1-03:22 | 1-16:39 1-01:51 | 1-21:13 1-04:34 | 1-26:26 1-05:13 | 1-28:07 1-01:41 | 1-29:01 1-00:54 | 1-30:27 1-01:26 | 1-32:04 1-01:37 | 1-33:48 1-01:44 | 1-36:01 1-02:13 | 1-36:23 1-00:22 | 36:23 | 8:10 | Lauri Leinonen |

H40 4,45 km

| | | 1. (205 m) | 2. (650 m) | 3. (311 m) | 4. (285 m) | 5. (206 m) | 6. (673 m) | 7. (716 m) | 8. (222 m) | 9. (130 m) | 10. (242 m) | 11. (180 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|----|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|-----------------|
| 1. | Saku Asikainen Hissi | 1-01:34 1-01:34 | 1-06:37 2-05:03 | 1-09:32 2-02:55 | 1-12:27 1-02:55 | 1-14:22 2-01:55 | 1-19:30 1-05:08 | 1-25:14 2-05:44 | 1-26:54 2-01:40 | 1-27:55 2-01:01 | 1-29:33 4-01:38 | 1-31:00 1-01:27 | 1-32:41 3-01:41 | 1-35:08 2-02:27 | 1-35:35 5-00:27 | 35:35 | 7:59 | Saku Asikainen |
| 2. | Antti Kalapudas AlatPi | 2-01:42 2-01:42 | 1-06:37 1-04:55 | 2-09:49 3-03:12 | 2-15:20 5-05:31 | 2-17:25 4-02:05 | 2-22:34 2-05:09 | 2-28:24 3-05:50 | 2-30:13 4-01:49 | 2-31:17 3-01:04 | 2-32:54 3-01:37 | 2-34:30 3-01:36 | 2-36:10 1-01:40 | 2-38:49 4-02:39 | 2-39:14 4-00:25 | 39:14 | 8:48 | Antti Kalapudas |
| 3. | Mikko Palosaari KiimU | 5-06:11 5-06:11 | 5-11:21 3-05:10 | 4-14:15 1-02:54 | 4-19:25 4-05:10 | 4-21:06 1-01:41 | 4-27:42 4-06:36 | 4-32:56 1-05:14 | 4-34:31 1-01:35 | 4-35:23 1-00:52 | 4-36:59 2-01:36 | 4-38:34 2-01:35 | 4-40:14 1-01:40 | 3-42:08 1-01:54 | 3-42:29 2-00:21 | 42:29 | 9:32 | Mikko Palosaari |
| 4. | Mikko Rapo Suunta 20 | 4-03:37 4-03:37 | 3-10:13 4-06:36 | 3-14:07 4-03:54 | 3-18:51 2-04:44 | 3-20:55 3-02:04 | 3-26:09 3-05:14 | 3-32:05 4-05:56 | 3-33:48 3-01:43 | 3-34:52 3-01:04 | 3-36:21 1-01:29 | 3-38:09 4-01:48 | 3-40:03 4-01:54 | 4-42:31 3-02:28 | 4-42:51 1-00:20 | 42:51 | 9:37 | Mikko Rapo |
| 5. | Kalle Rosenblad Hiki | 3-02:19 3-02:19 | 4-10:41 5-08:22 | 5-16:39 5-05:58 | 5-21:39 3-05:00 | 5-24:28 5-02:49 | 5-31:20 5-06:52 | 5-39:06 5-07:46 | 5-41:31 5-02:25 | 5-42:47 5-01:16 | 5-45:11 5-02:24 | 5-47:13 5-02:02 | 5-50:00 5-02:47 | 5-53:21 5-03:21 | 5-53:45 3-00:24 | 53:45 | 12:04 | Kalle Rosenblad |

H45 4,23 km

| | | 1. (113 m) | 2. (139 m) | 3. (576 m) | 4. (311 m) | 5. (775 m) | 6. (301 m) | 7. (611 m) | 8. (254 m) | 9. (318 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|------|------------------|
| 1. | Jani Hämäläinen LS-37 | 1-00:52 1-00:52 | 1-01:46 1-00:54 | 1-05:59 2-04:13 | 1-08:55 1-02:56 | 1-15:29 3-06:34 | 2-17:37 5-02:08 | 1-21:43 1-04:06 | 1-23:20 1-01:37 | 1-25:08 1-01:48 | 1-26:22 1-01:14 | 1-27:51 1-01:29 | 1-30:00 1-02:09 | 1-30:21 4-00:21 | 30:21 | 7:11 | Jani Hämäläinen |
| 2. | Juha Vaininen TuS | 4-01:16 4-01:16 | 3-02:18 2-01:02 | 2-06:08 1-03:50 | 2-09:09 2-03:01 | 2-15:37 2-06:28 | 1-17:23 1-01:46 | 2-22:18 3-04:55 | 2-24:10 3-01:52 | 2-26:10 2-02:00 | 2-27:26 3-01:16 | 2-29:12 2-01:46 | 2-31:26 2-02:14 | 2-31:47 4-00:21 | 31:47 | 7:31 | Juha Vaininen |
| 3. | Petri Teerikoski LLuja | 2-01:05 2-01:05 | 2-02:10 3-01:05 | 3-07:00 4-04:50 | 4-12:03 6-05:03 | 4-18:47 4-06:44 | 4-20:36 2-01:49 | 3-25:12 2-04:36 | 3-27:26 6-02:14 | 3-29:33 4-02:07 | 3-30:58 5-01:25 | 3-32:52 5-01:54 | 3-35:15 3-02:23 | 3-35:35 3-00:20 | 35:35 | 8:25 | Petri Teerikoski |
| 4. | Teemu Hourula JRV | 2-01:05 2-01:05 | 4-02:21 4-01:16 | 4-07:08 3-04:47 | 3-10:34 3-03:26 | 3-16:55 1-06:21 | 3-18:59 4-02:04 | 4-26:30 7-07:31 | 4-28:11 2-01:41 | 4-30:20 5-02:09 | 4-31:35 2-01:15 | 4-33:27 4-01:52 | 4-35:50 3-02:23 | 4-36:12 6-00:22 | 36:12 | 8:34 | Teemu Hourula |

| | | | | | | | | | | | | | | | | | | | |
|----|------------------|--------|--------------------|--------------------|--------------------|--------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---------|-------|------------------|-----------------|
| 5. | Markus Ronkainen | LapVe | 6-01:28 6-01:28 | 5-02:48 5-01:20 | 5-07:57 5-05:09 | 5-12:16 4-04:19 | 5-20:05 5-07:49 | 5-22:06 3-02:01 | 5-27:28 4-05:22 | 5-29:23 4-01:55 | 5-31:27 3-02:04 | 5-32:48 4-01:21 | 5-34:35 3-01:47 | 5-37:15 6-02:40 | 5-37:34 2-00:19 | 37:34 | 8:53 | Markus Ronkainen | |
| 6. | Jyri Myllymäki | VetU | 7-01:34 7-01:34 | 7-03:12 7-01:38 | 7-09:03 7-05:51 | 6-13:37 5-04:34 | 6-23:13 6-09:36 | 6-25:33 6-02:20 | 6-31:12 5-05:39 | 6-35:05 7-03:53 | 6-37:31 7-02:26 | 6-39:18 6-01:47 | 6-41:44 7-02:26 | 6-44:58 7-03:14 | 6-45:24 7-00:26 | 45:24 | 10:44 | Jyri Myllymäki | |
| 7. | Johan Koskinen | Trian | 5-01:20 5-01:20 | 6-02:49 6-01:29 | 6-07:58 5-05:09 | 7-52:36 7-44:38 | 7-1:10:19 7-17:43 | 7-1:19:33 7-09:14 | 7-1:26:07 6-06:34 | 7-1:28:18 5-02:11 | 7-1:32:33 6-02:16 | 7-1:32:33 7-01:59 | 7-1:34:45 6-02:12 | 7-1:37:08 3-02:23 | 7-1:37:25 1-00:17 | 1:37:25 | 23:03 | Johan Koskinen | |
| | Janne Kotaniemi | AlatPi | | | | | | | | | | | | | | | | Hyl. | Janne Kotaniemi |

H50 4,03 km

| | | | 1. (205 m) | 2. (223 m) | 3. (445 m) | 4. (334 m) | 5. (735 m) | 6. (611 m) | 7. (186 m) | 8. (89 m) | 9. (215 m) | 10. (155 m) | 11. (180 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|----|-----------------|----------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|------|-----------------|
| 1. | Sören Nymalm | PIF | 6-02:05 6-02:05 | 2-03:19 1-01:14 | 1-06:34 1-03:15 | 1-09:12 1-01:38 | 1-13:29 1-04:17 | 1-17:44 1-04:15 | 1-18:59 1-01:15 | 1-19:34 2-00:35 | 1-20:56 1-01:22 | 1-22:07 1-01:11 | 1-23:27 1-01:20 | 1-24:59 1-01:32 | 1-27:00 1-02:01 | 1-27:18 1-00:18 | 27:18 | 6:46 | Sören Nymalm |
| 2. | Toni Venäläinen | VaHa | 2-01:49 2-01:49 | 1-03:11 2-01:22 | 2-06:37 2-03:26 | 2-09:30 2-02:53 | 2-14:30 3-05:00 | 2-18:51 2-04:21 | 2-20:29 3-01:38 | 2-21:04 2-00:35 | 2-22:28 2-01:24 | 2-24:17 5-01:49 | 3-25:56 4-01:39 | 2-27:31 2-01:35 | 2-29:44 2-02:13 | 2-30:04 2-00:20 | 30:04 | 7:28 | Toni Venäläinen |
| 3. | Panu Hyvönen | Pohjant | 3-01:57 3-01:57 | 3-03:30 3-01:33 | 4-07:09 4-03:39 | 4-10:22 4-03:13 | 3-15:08 2-04:46 | 3-19:36 3-04:28 | 3-21:04 2-01:28 | 3-21:37 1-00:33 | 3-23:02 3-01:25 | 3-24:32 3-01:30 | 2-25:55 2-01:23 | 3-27:39 4-01:44 | 3-29:56 3-02:17 | 3-30:24 5-00:28 | 30:24 | 7:33 | Panu Hyvönen |
| 4. | Jarkko Ryyppö | RaVa | 1-01:35 1-01:35 | 4-03:35 6-02:00 | 3-07:04 3-03:29 | 3-10:15 3-03:11 | 4-16:42 6-06:27 | 4-21:30 4-04:48 | 4-23:10 4-01:40 | 4-23:47 4-00:37 | 4-25:20 4-01:33 | 4-26:43 2-01:23 | 4-28:14 3-01:31 | 4-29:55 3-01:41 | 4-32:24 4-02:29 | 4-32:45 3-00:21 | 32:45 | 8:08 | Jarkko Ryyppö |
| 5. | Vesa Koirikivi | RasTiimi | 4-02:02 4-02:02 | 5-03:51 4-01:49 | 5-07:53 5-04:02 | 6-11:50 6-03:57 | 6-17:49 5-05:59 | 5-23:01 5-05:12 | 5-25:05 5-02:04 | 5-25:48 5-00:43 | 5-27:27 5-01:39 | 5-29:10 4-01:43 | 5-30:54 6-01:44 | 5-33:10 6-02:16 | 5-35:45 5-02:35 | 5-36:06 3-00:21 | 36:06 | 8:58 | Vesa Koirikivi |
| 6. | Timo Äijälä | TP | 4-02:02 4-02:02 | 6-03:54 5-01:52 | 6-08:24 6-04:30 | 5-11:38 5-03:14 | 5-17:12 6-05:56 | 6-23:08 6-05:56 | 6-25:12 5-02:04 | 6-26:48 6-01:36 | 6-28:33 6-01:45 | 6-30:42 6-02:09 | 6-32:23 5-01:41 | 6-34:17 5-01:54 | 6-37:02 6-02:45 | 6-37:32 6-00:30 | 37:32 | 9:19 | Timo Äijälä |

H55 3,38 km

| | | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|-------------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|-------------------|
| 1. | Tomas Ray | OK77 | 1-02:06 1-02:06 | 1-04:20 1-02:14 | 1-09:08 5-04:48 | 1-10:56 1-01:48 | 1-15:45 1-04:49 | 1-17:37 1-01:52 | 1-18:18 1-00:41 | 1-19:52 1-01:34 | 1-21:59 1-02:07 | 1-23:27 2-01:28 | 1-25:32 2-02:05 | 1-28:11 1-02:39 | 1-28:39 2-00:28 | 28:39 | 8:29 | Tomas Ray |
| 2. | Seppo Konttajärvi | VePo | 2-02:21 2-02:21 | 3-05:51 4-03:30 | 3-09:44 3-03:53 | 2-11:34 2-01:50 | 2-17:58 3-06:24 | 2-20:09 3-02:11 | 2-20:52 2-00:43 | 2-22:34 2-01:42 | 2-25:09 5-02:35 | 2-26:41 3-01:32 | 2-28:42 1-02:01 | 2-31:25 2-02:43 | 2-31:58 5-00:33 | 31:58 | 9:28 | Seppo Konttajärvi |
| 3. | Heikki Frilander | Trian | 3-02:32 3-02:32 | 2-05:28 3-02:56 | 2-09:36 4-04:08 | 3-12:03 4-02:27 | 3-18:56 4-06:53 | 3-21:02 2-02:06 | 3-22:02 4-01:00 | 3-24:52 5-02:50 | 3-27:18 4-02:26 | 3-28:59 4-01:41 | 3-31:12 3-02:13 | 3-34:28 5-03:16 | 3-34:56 2-00:28 | 34:56 | 10:21 | Heikki Frilander |
| 4. | Pasi Hyryläinen | ESAK | 6-04:04 6-04:04 | 4-06:59 2-02:55 | 4-10:40 2-03:41 | 5-13:57 5-03:17 | 4-19:21 2-05:24 | 4-22:04 5-02:43 | 4-23:17 5-01:13 | 4-25:24 4-02:07 | 4-27:39 2-02:15 | 4-29:04 1-01:25 | 4-31:36 5-02:32 | 4-34:38 4-03:02 | 4-35:07 4-00:29 | 35:07 | 10:24 | Pasi Hyryläinen |
| 5. | Arto Vilppola | AlatPi | 5-03:59 5-03:59 | 5-08:15 5-04:16 | 5-11:51 1-03:36 | 4-13:55 3-02:04 | 5-22:28 5-08:33 | 5-24:49 4-02:21 | 5-25:36 3-00:47 | 5-27:30 3-01:54 | 5-29:48 3-02:18 | 5-31:35 5-01:47 | 5-33:54 4-02:19 | 5-36:52 3-02:58 | 5-37:18 1-00:26 | 37:18 | 11:03 | Arto Vilppola |
| | Olli Ranta | PäLuLu | 4-02:56 4-02:56 | | | | 0-09:53 | | | 0-12:37 | 0-16:09 6-03:46 | | | 0-19:08 | 0-19:53 6-00:45 | Kesk. | | Olli Ranta |

H60 3,38 km

| | | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|-----------------|-------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|-----------------|
| 1. | Pekka Vuorinen | Trian | 1-01:58 1-01:58 | 1-04:15 1-02:17 | 1-07:40 2-03:25 | 1-09:27 1-01:47 | 1-14:38 2-05:11 | 1-16:15 1-01:37 | 1-17:31 2-01:16 | 1-19:00 1-01:29 | 1-20:54 1-01:54 | 1-22:16 1-01:22 | 1-24:11 1-01:55 | 1-26:31 1-02:20 | 1-26:56 1-00:25 | 26:56 | 7:58 | Pekka Vuorinen |
| 2. | Eero Haapasalmi | OH | 2-02:13 2-02:13 | 2-04:41 2-02:28 | 2-07:58 1-03:17 | 2-11:30 3-03:32 | 2-16:31 1-05:01 | 2-18:19 2-01:48 | 2-19:06 1-00:47 | 2-20:51 2-01:45 | 2-23:20 2-02:29 | 2-24:56 2-01:36 | 2-27:06 2-02:10 | 2-29:56 2-02:50 | 2-30:24 2-00:28 | 30:24 | 9:00 | Eero Haapasalmi |
| 3. | Jari Kymäläinen | TP | 3-03:39 3-03:39 | 3-07:17 3-03:38 | 3-11:40 3-04:23 | 3-14:40 2-03:00 | 3-23:01 3-08:21 | 3-25:30 3-02:29 | 3-28:36 3-03:06 | 3-31:56 3-03:20 | 3-35:03 3-03:07 | 3-37:18 3-02:15 | 3-40:27 3-03:09 | 3-44:39 3-04:12 | 3-45:18 3-00:39 | 45:18 | 13:25 | Jari Kymäläinen |

H65 2,58 km

| | | | 1. (113 m) | 2. (139 m) | 3. (468 m) | 4. (402 m) | 5. (264 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | |
|----|-----------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|-----------------|
| 1. | Jukka Koistinen | OH | 1-01:13 1-01:13 | 1-02:28 1-01:15 | 1-06:49 1-04:21 | 1-10:40 1-03:51 | 1-12:55 1-02:15 | 1-16:06 2-03:11 | 1-17:29 1-01:23 | 1-19:47 3-02:18 | 1-22:49 1-03:02 | 1-23:15 1-00:26 | 23:15 | 9:01 | Jukka Koistinen |
| 2. | Kari Loisa | HirvHe | 3-01:47 3-01:47 | 3-03:18 3-01:31 | 3-08:09 3-04:51 | 3-12:38 2-04:29 | 3-14:58 2-02:20 | 2-18:05 1-03:07 | 2-19:59 3-01:54 | 2-21:51 1-01:52 | 2-25:00 2-03:09 | 2-25:29 2-00:29 | 25:29 | 9:53 | Kari Loisa |
| 3. | Anse Määttä | PosPy | 2-01:25 2-01:25 | 2-02:42 2-01:17 | 2-07:29 2-04:47 | 2-12:22 3-04:53 | 2-14:52 3-02:30 | 3-18:48 3-03:56 | 3-20:19 2-01:31 | 3-22:34 2-02:15 | 3-26:11 3-03:37 | 3-26:55 3-00:44 | 26:55 | 10:27 | Anse Määttä |

H70 2,58 km

| | | | 1. (113 m) | 2. (139 m) | 3. (468 m) | 4. (402 m) | 5. (264 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | |
|----|---------------|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|---------------|
| 1. | Reino Ansamaa | RaN | 1-01:30 1-01:30 | 1-02:56 1-01:26 | 1-08:35 2-05:39 | 1-13:10 1-04:35 | 1-17:58 3-04:48 | 1-21:54 2-03:56 | 1-23:31 1-01:37 | 1-26:07 2-02:36 | 1-29:36 1-03:29 | 1-30:14 2-00:38 | 30:14 | 11:44 | Reino Ansamaa |

| | | | | | | | | | | | | | | | |
|----|------------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|------------------|
| 2. | Kullervo Torikka | S-2000 | 3-02:39 3-02:39 | 3-04:26 2-01:47 | 2-09:49 1-05:23 | 2-17:06 2-07:17 | 2-19:17 1-02:11 | 2-23:02 1-03:45 | 2-25:00 2-01:58 | 2-27:28 1-02:28 | 2-31:39 2-04:11 | 2-32:03 1-00:24 | 32:03 | 12:26 | Kullervo Torikka |
| 3. | Simo Kangasaho | HIK1 | 2-02:02 2-02:02 | 2-04:14 3-02:12 | 3-25:56 3-21:42 | 3-34:18 3-08:22 | 3-38:14 2-03:56 | 3-43:55 3-05:41 | 3-46:38 3-02:43 | 3-50:21 3-03:43 | 3-56:05 3-05:44 | 3-56:53 3-00:48 | 56:53 | 22:05 | Simo Kangasaho |

H18 4,03 km

| | | | 1. (205 m) | 2. (223 m) | 3. (445 m) | 4. (334 m) | 5. (735 m) | 6. (611 m) | 7. (186 m) | 8. (89 m) | 9. (215 m) | 10. (155 m) | 11. (180 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|----|---------------|---------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|------|---------------|
| 1. | Sakari Ukkola | Pohjant | 1-04:15 1-04:15 | 1-05:52 1-01:37 | 1-09:57 1-04:05 | 1-12:59 1-03:02 | 1-18:43 1-05:44 | 1-23:50 1-05:07 | 1-25:24 1-01:34 | 1-26:02 1-00:38 | 1-27:30 1-01:28 | 1-28:46 1-01:16 | 1-30:04 1-01:18 | 1-31:48 1-01:44 | 1-34:02 1-02:14 | 1-34:22 1-00:20 | 34:22 | 8:32 | Sakari Ukkola |

H16 3,38 km

| | | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|----------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|----------------|
| 1. | Nuutti Vennelä | KangSK | 1-02:21 1-02:21 | 2-07:21 2-05:00 | 2-12:05 1-04:44 | 1-13:54 1-01:49 | 1-19:32 1-05:38 | 1-24:02 2-04:30 | 1-24:48 2-00:46 | 1-26:26 1-01:38 | 1-28:52 1-02:26 | 1-30:32 1-01:40 | 1-32:41 1-02:09 | 1-35:02 1-02:21 | 1-35:17 1-00:15 | 35:17 | 10:27 | Nuutti Vennelä |
| 2. | Eetu Pulju | OH | 2-02:25 2-02:25 | 1-04:59 1-02:34 | 1-12:02 2-07:03 | 2-16:52 2-04:50 | 2-22:45 2-05:53 | 2-24:56 1-02:11 | 2-25:41 1-00:45 | 2-27:21 2-01:40 | 2-36:09 2-08:48 | 2-38:15 2-02:06 | 2-40:33 2-02:18 | 2-43:12 2-02:39 | 2-43:30 2-00:18 | 43:30 | 12:53 | Eetu Pulju |

D21 4,23 km

| | | | 1. (113 m) | 2. (139 m) | 3. (576 m) | 4. (311 m) | 5. (775 m) | 6. (301 m) | 7. (611 m) | 8. (254 m) | 9. (318 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|-------------------|---------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------|-------|-------------------|
| 1. | Saana-Maria Rahko | Pohjant | 3-01:05 3-01:05 | 2-02:10 1-01:05 | 1-06:38 1-04:28 | 1-09:28 1-02:50 | 1-15:33 1-06:05 | 1-17:27 1-01:54 | 1-21:56 1-04:29 | 1-23:42 1-01:46 | 1-25:42 1-02:00 | 1-27:00 1-01:18 | 1-28:38 1-01:38 | 1-30:51 1-02:13 | 1-31:14 2-00:23 | 31:14 | 7:23 | Saana-Maria Rahko |
| 2. | Kaarina Nurminen | TP | 2-01:01 2-01:01 | 3-02:17 3-01:16 | 4-08:38 4-06:21 | 4-14:33 4-05:55 | 2-22:05 2-07:32 | 2-24:09 2-02:04 | 2-29:57 2-05:48 | 2-32:01 3-02:04 | 2-34:01 2-01:30 | 2-35:31 2-01:45 | 2-37:16 2-02:19 | 2-39:35 2-02:19 | 2-39:53 1-00:18 | 39:53 | 9:26 | Kaarina Nurminen |
| 3. | Jenna Pajunen | Anttu | 1-01:00 1-01:00 | 1-02:06 2-01:06 | 2-07:22 2-05:16 | 2-10:42 2-03:20 | 3-39:52 3-29:10 | 3-41:57 3-02:05 | 3-50:54 3-08:57 | 3-52:44 2-01:50 | 3-54:52 3-02:08 | 3-56:25 3-01:33 | 3-58:28 3-02:03 | 3-1:01:07 3-02:39 | 3-1:01:32 4-00:25 | 1:01:32 | 14:33 | Jenna Pajunen |
| 4. | Sanni Kymäläinen | TP | 4-01:10 4-01:10 | 4-02:29 4-01:19 | 3-08:00 3-05:31 | 3-11:45 3-03:45 | 4-41:48 4-30:03 | 4-43:59 4-02:11 | 4-55:05 4-11:06 | 4-57:34 4-02:29 | 4-1:00:06 4-02:32 | 4-1:02:06 4-02:00 | 4-1:05:00 4-02:54 | 4-1:08:03 4-03:03 | 4-1:08:27 3-00:24 | 1:08:27 | 16:12 | Sanni Kymäläinen |

D35 4,03 km

| | | | 1. (205 m) | 2. (223 m) | 3. (445 m) | 4. (334 m) | 5. (735 m) | 6. (611 m) | 7. (186 m) | 8. (89 m) | 9. (215 m) | 10. (155 m) | 11. (180 m) | 12. (240 m) | 13. (326 m) | 14. | Tulos (min/km) | | |
|----|-----------------|------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|----------------------|----------------|-------|-----------------|
| 1. | Essi Kangasaho | HIK1 | 1-03:57 1-03:57 | 1-06:28 1-02:31 | 1-12:18 1-05:50 | 1-17:09 1-04:51 | 1-26:41 1-09:32 | 1-35:06 1-08:25 | 1-37:56 2-02:50 | 1-39:01 2-01:05 | 1-42:17 1-03:16 | 1-44:58 1-02:41 | 1-47:35 2-02:37 | 1-51:03 2-03:28 | 1-55:33 2-04:30 | 1-56:10 1-00:37 | 56:10 | 13:57 | Essi Kangasaho |
| 2. | Susanna Jänkälä | AngA | 2-04:56 2-04:56 | 2-07:28 2-02:32 | 2-14:13 2-06:45 | 2-19:48 2-05:35 | 2-29:40 2-09:52 | 2-41:22 2-11:42 | 2-44:00 1-02:38 | 2-45:00 1-01:00 | 2-48:50 2-03:50 | 2-51:59 2-03:09 | 2-54:29 1-02:30 | 2-57:37 1-03:08 | 2-1:01:42 1-04:05 | 2-1:02:28 2-00:46 | 1:02:28 | 15:31 | Susanna Jänkälä |

D40 3,38 km

| | | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|---------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|---------------|
| 1. | Maija Pasanen | SuomRa | 2-03:30 2-03:30 | 2-06:39 2-03:09 | 2-10:58 2-04:19 | 2-13:29 1-02:31 | 2-19:49 1-06:20 | 2-22:39 1-02:50 | 2-23:33 2-00:54 | 2-25:26 1-01:53 | 1-27:54 1-02:28 | 1-29:44 1-01:50 | 1-32:06 1-02:22 | 1-35:18 1-03:12 | 1-35:42 1-00:24 | 35:42 | 10:34 | Maija Pasanen |
| | Tiina Äijälä | KangSK | 1-02:37 1-02:37 | 1-05:27 1-02:50 | 1-09:22 1-03:55 | 1-12:05 2-02:43 | 1-19:18 2-07:13 | 1-22:32 2-03:14 | 1-23:21 1-00:49 | 1-25:18 2-01:57 | 2-28:04 2-02:46 | | 0-32:23 | 0-35:53 2-03:30 | 0-36:36 2-00:43 | Hyl. | | Tiina Äijälä |

D45 3,38 km

| | | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | |
|----|-----------------|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|-------|-----------------|
| 1. | Sanna Nymalm | PIF | 1-01:55 1-01:55 | 2-05:45 6-03:50 | 1-09:05 2-03:20 | 1-10:58 1-01:53 | 1-15:44 1-04:46 | 1-17:32 1-01:48 | 1-18:14 2-00:42 | 1-19:54 2-01:40 | 1-22:01 1-02:07 | 1-23:26 1-01:25 | 1-25:17 1-01:51 | 1-27:44 2-02:27 | 1-28:08 4-00:24 | 28:08 | 8:20 | Sanna Nymalm |
| 2. | Minna Ryyppö | HS | 3-02:14 3-02:14 | 7-07:23 8-05:09 | 3-10:40 1-03:17 | 2-12:41 2-02:01 | 2-17:59 3-05:18 | 2-20:10 5-02:11 | 2-20:53 3-00:43 | 2-22:36 3-01:43 | 2-25:11 4-02:35 | 2-26:45 3-01:34 | 2-29:03 3-02:18 | 2-31:23 1-02:20 | 2-31:51 8-00:28 | 31:51 | 9:26 | Minna Ryyppö |
| 3. | Sirpa Torvinen | OH | 2-02:06 2-02:06 | 1-04:42 1-02:36 | 4-11:20 7-06:38 | 6-15:16 9-03:56 | 3-20:20 2-05:04 | 3-22:10 2-01:50 | 4-25:05 9-02:55 | 3-26:32 1-01:27 | 3-29:04 3-02:32 | 3-30:32 2-01:28 | 3-32:23 1-01:51 | 3-35:11 3-02:48 | 3-35:37 7-00:26 | 35:37 | 10:33 | Sirpa Torvinen |
| 4. | Ulla Hyryläinen | EsAk | 4-02:52 4-02:52 | 3-05:59 2-03:07 | 2-09:53 3-03:54 | 3-13:02 7-03:09 | 4-21:25 8-08:23 | 4-23:34 3-02:09 | 3-24:28 6-00:54 | 4-26:59 6-02:31 | 4-29:41 6-02:42 | 4-31:41 7-02:00 | 4-34:20 8-02:39 | 4-37:40 7-03:20 | 4-38:14 9-00:34 | 38:14 | 11:19 | Ulla Hyryläinen |
| 5. | Heidi Komu | S-2000 | 8-07:24 7-03:24 | 8-07:48 7-04:24 | 6-11:58 5-04:10 | 5-15:06 6-03:08 | 5-23:28 6-08:22 | 5-25:38 4-02:10 | 5-26:25 4-00:47 | 5-29:02 9-02:37 | 5-31:39 5-02:37 | 5-33:37 6-01:58 | 5-36:08 6-02:31 | 5-39:06 5-02:58 | 5-39:29 1-00:23 | 39:29 | 11:41 | Heidi Komu |
| 6. | Minna Närhi | Anttu | 8-03:29 8-03:29 | 6-07:09 5-03:40 | 5-11:28 6-04:19 | 4-14:35 5-03:07 | 6-23:40 9-09:05 | 6-26:37 8-02:57 | 6-27:25 5-00:48 | 6-29:41 5-02:16 | 6-32:38 7-02:57 | 6-34:47 8-02:09 | 6-37:10 4-02:23 | 6-40:41 8-03:31 | 6-41:06 5-00:25 | 41:06 | 12:10 | Minna Närhi |
| 7. | Sara Palmi | KoskRi | 6-03:06 6-03:06 | 9-11:52 9-08:46 | 8-15:56 4-04:04 | 8-19:51 8-03:55 | 8-27:46 4-07:55 | 8-30:51 9-03:05 | 8-31:32 1-00:41 | 8-33:24 4-01:52 | 8-35:49 2-02:25 | 8-37:34 4-01:45 | 8-40:02 5-02:28 | 7-42:59 4-02:57 | 7-43:22 1-00:23 | 43:22 | 12:50 | Sara Palmi |
| 8. | Jatta Haapamäki | Eräp | 8-03:29 8-03:29 | 5-06:50 4-03:21 | 7-13:51 8-07:01 | 7-16:37 3-02:46 | 7-24:48 5-08:11 | 7-27:30 7-02:42 | 7-28:39 8-01:09 | 7-31:12 8-02:33 | 7-34:31 8-03:19 | 7-36:54 9-02:23 | 7-39:36 9-02:42 | 8-44:16 9-04:40 | 8-44:41 5-00:25 | 44:41 | 13:14 | Jatta Haapamäki |
| 9. | Pirjo Väänänen | LapSu | 5-02:56 5-02:56 | 4-06:03 2-03:07 | 9-22:44 9-16:41 | 9-25:38 4-02:54 | 9-34:00 6-08:22 | 9-36:33 6-02:33 | 9-37:34 7-01:01 | 9-40:06 7-02:32 | 9-44:00 9-03:54 | 9-45:52 5-01:52 | 9-48:27 7-02:35 | 9-51:45 6-03:18 | 9-52:08 1-00:23 | 52:08 | 15:26 | Pirjo Väänänen |

D50 2,58 km

| | | 1. (113 m) | 2. (139 m) | 3. (468 m) | 4. (402 m) | 5. (264 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|----------------|
| 1. | Riitta Mattila | RasTiimi | 1-01:21 1-01:21 | 1-02:40 1-01:19 | 1-07:18 1-04:38 | 1-11:32 1-04:14 | 1-13:49 1-02:17 | 1-17:05 1-03:16 | 1-18:30 1-01:25 | 1-20:37 1-02:07 | 1-24:07 1-03:30 | 1-24:37 2-00:30 | 24:37 | 9:33 | Riitta Mattila |
| 2. | Carola Ray | OK77 | 2-01:25 2-01:25 | 2-02:55 2-01:30 | 2-08:57 2-06:02 | 2-13:27 2-04:30 | 2-16:42 2-03:15 | 2-20:19 2-03:37 | 2-22:17 2-01:58 | 2-24:28 2-02:11 | 2-27:58 1-03:30 | 2-28:25 1-00:27 | 28:25 | 11:02 | Carola Ray |

D55 2,58 km

| | | 1. (113 m) | 2. (139 m) | 3. (468 m) | 4. (402 m) | 5. (264 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|------------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|------------------|
| 1. | Tuija Haapasalmi | OH | 1-01:23 1-01:23 | 1-02:50 1-01:27 | 1-08:06 1-05:16 | 1-13:33 1-05:27 | 1-16:04 2-02:31 | 1-20:03 2-03:59 | 1-22:00 2-01:57 | 1-24:19 2-02:19 | 1-28:12 1-03:53 | 1-28:44 2-00:32 | 28:44 | 11:09 | Tuija Haapasalmi |
| 2. | Outi Aikio | Pohjant | 2-01:31 2-01:31 | 2-03:20 2-01:49 | 2-09:33 2-06:13 | 2-15:54 2-06:21 | 2-18:19 1-02:25 | 2-21:46 1-03:27 | 2-23:37 1-01:51 | 2-25:47 1-02:10 | 2-30:32 2-04:45 | 2-31:01 1-00:29 | 31:01 | 12:02 | Outi Aikio |

D60 2,55 km

| | | 1. (113 m) | 2. (137 m) | 3. (408 m) | 4. (486 m) | 5. (215 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|--------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|--------------|
| 1. | Kii Korhonen | OH | 1-02:03 1-02:03 | 1-03:47 1-01:44 | 1-11:49 1-08:02 | 1-18:53 1-07:04 | 1-21:33 1-02:40 | 1-26:49 1-05:16 | 1-28:53 1-02:04 | 1-32:23 1-03:30 | 1-37:34 1-05:11 | 1-38:16 1-00:42 | 38:16 | 15:00 | Kii Korhonen |

D65 2,55 km

| | | 1. (113 m) | 2. (137 m) | 3. (408 m) | 4. (486 m) | 5. (215 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|-----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|-----------------|
| 1. | Sirpa Kangasaho | HiKi | 1-01:55 1-01:55 | 2-03:44 2-01:49 | 1-11:40 1-07:56 | 1-18:24 2-06:44 | 1-20:50 1-02:26 | 1-27:10 2-06:20 | 1-29:30 2-02:20 | 1-32:47 1-03:17 | 1-37:39 1-04:52 | 1-38:19 2-00:40 | 38:19 | 15:01 | Sirpa Kangasaho |
| 2. | Vappu Kuusela | VaKa | 2-02:01 2-02:01 | 1-03:43 1-01:42 | 2-15:12 2-11:29 | 2-21:31 1-06:19 | 2-24:07 2-02:36 | 2-29:30 1-05:23 | 2-31:41 1-02:11 | 2-35:04 2-03:23 | 2-40:16 2-05:12 | 2-40:50 1-00:34 | 40:50 | 16:00 | Vappu Kuusela |

D70 2,55 km

| | | 1. (113 m) | 2. (137 m) | 3. (408 m) | 4. (486 m) | 5. (215 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|------------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|------------------|
| 1. | Kaija Venäläinen | VaHa | 1-03:41 1-03:41 | 1-06:00 1-02:19 | 1-14:49 1-08:49 | 1-25:24 1-10:35 | 1-28:41 1-03:17 | 1-35:44 1-07:03 | 1-38:57 1-03:13 | 1-42:46 1-03:49 | 1-48:39 1-05:53 | 1-49:26 1-00:47 | 49:26 | 19:23 | Kaija Venäläinen |

D75 2,13 km

| | | 1. (113 m) | 2. (139 m) | 3. (242 m) | 4. (298 m) | 5. (186 m) | 6. (89 m) | 7. (222 m) | 8. (130 m) | 9. (242 m) | 10. (207 m) | 11. (173 m) | 12. | Tulos (min/km) | | | |
|----|----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|----------------|
| 1. | Mirja Aatsinki | VePo | 1-03:57 1-03:57 | 1-06:26 1-02:29 | 1-10:21 1-03:55 | 1-17:07 1-06:46 | 1-21:22 1-04:15 | 1-22:48 1-01:26 | 1-26:26 1-03:38 | 1-28:50 1-02:24 | 1-32:15 1-03:25 | 1-42:40 1-10:25 | 1-44:54 1-02:14 | 1-45:28 1-00:34 | 45:28 | 21:23 | Mirja Aatsinki |

D18 3,38 km

| | | 1. (238 m) | 2. (280 m) | 3. (382 m) | 4. (301 m) | 5. (611 m) | 6. (186 m) | 7. (89 m) | 8. (215 m) | 9. (240 m) | 10. (188 m) | 11. (240 m) | 12. (326 m) | 13. | Tulos (min/km) | | | |
|----|--------------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------|-------|--------------------|
| 1. | Emilia Hallikainen | SV | 1-05:42 1-05:42 | 1-15:14 1-09:32 | 1-25:01 1-09:47 | 1-30:26 1-05:25 | 1-50:35 1-20:09 | 1-53:52 1-03:17 | 1-55:12 1-01:20 | 1-11:24:41 1-17:29 | 1-11:16:34 1-03:53 | 1-11:19:44 1-03:10 | 1-11:24:50 1-05:06 | 1-11:29:18 1-04:28 | 1-11:29:42 1-00:24 | 1:29:42 | 26:34 | Emilia Hallikainen |

D16 2,58 km

| | | 1. (113 m) | 2. (139 m) | 3. (468 m) | 4. (402 m) | 5. (264 m) | 6. (362 m) | 7. (153 m) | 8. (240 m) | 9. (365 m) | 10. | Tulos (min/km) | | | |
|----|---------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|---------------|
| 1. | Helmi Mattila | RasTiimi | 1-01:29 1-01:29 | 1-02:50 1-01:21 | 1-09:35 1-06:45 | 1-13:50 1-04:15 | 1-16:16 1-02:26 | 1-20:05 1-03:49 | 1-21:50 1-01:45 | 1-24:18 1-02:28 | 1-27:41 1-03:23 | 1-28:03 1-00:22 | 28:03 | 10:53 | Helmi Mattila |

H14 2,75 km

| | | 1. (281 m) | 2. (358 m) | 3. (284 m) | 4. (853 m) | 5. (155 m) | 6. (180 m) | 7. (240 m) | 8. (326 m) | 9. | Tulos (min/km) | | | |
|----|------------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|------------------|
| 1. | Eetu Närhi | Anttu | 1-01:47 1-01:47 | 1-05:16 2-03:29 | 1-07:28 2-02:12 | 1-14:19 1-06:51 | 1-15:42 2-01:23 | 1-17:41 2-01:59 | 1-19:40 1-01:59 | 1-22:32 2-02:52 | 1-22:54 2-00:22 | 22:54 | 8:19 | Eetu Närhi |
| 2. | Pyry Teerikoski | LLuja | 2-02:13 2-02:13 | 2-05:39 1-03:26 | 2-07:48 1-02:09 | 2-14:40 2-06:52 | 2-16:17 2-01:37 | 2-17:52 1-01:35 | 2-20:24 3-02:32 | 2-23:14 1-02:50 | 2-23:33 1-00:19 | 23:33 | 8:33 | Pyry Teerikoski |
| 3. | Santeri Ukkola | Pohjant | 4-02:52 4-02:52 | 3-06:36 3-03:44 | 3-08:49 3-02:13 | 3-15:48 3-06:59 | 3-17:30 4-01:42 | 3-19:35 3-02:05 | 3-21:45 2-02:10 | 3-25:04 4-03:19 | 3-25:33 5-00:29 | 25:33 | 9:17 | Santeri Ukkola |
| 4. | Jesse Lifflander | SalRe | 3-02:34 3-02:34 | 4-06:37 4-04:03 | 4-09:07 4-02:30 | 4-16:23 4-07:16 | 4-18:03 3-01:40 | 4-20:09 4-02:06 | 4-22:48 4-02:39 | 4-25:45 3-02:57 | 4-26:08 3-00:23 | 26:08 | 9:30 | Jesse Lifflander |
| 5. | Johannes Palmi | KoskRi | 5-03:47 5-03:47 | 5-30:45 5-26:58 | 5-34:27 5-03:42 | 5-45:32 5-11:05 | 5-49:18 5-03:46 | 5-51:58 5-02:40 | 5-54:44 5-02:46 | 5-58:11 5-03:27 | 5-58:35 4-00:24 | 58:35 | 21:18 | Johannes Palmi |

H12 1,98 km

| | | 1. (246 m) | 2. (365 m) | 3. (175 m) | 4. (155 m) | 5. (291 m) | 6. (101 m) | 7. (209 m) | 8. (348 m) | 9. | Tulos (min/km) | | | |
|----|-----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|-----------------|
| 1. | Linus Koskinen | Trian | 3-01:51 3-01:51 | 3-04:46 3-02:55 | 2-06:23 2-01:37 | 2-07:56 1-01:33 | 2-10:02 1-02:06 | 2-11:32 2-01:30 | 1-13:20 1-01:48 | 1-15:43 2-02:23 | 1-16:02 1-00:19 | 16:02 | 8:07 | Linus Koskinen |
| 2. | Topias Ryyppö | HS | 1-01:42 1-01:42 | 2-04:27 2-02:45 | 1-05:54 1-01:27 | 1-07:28 2-01:34 | 1-09:35 2-02:07 | 1-11:22 3-01:47 | 2-13:33 3-02:11 | 2-16:05 3-02:32 | 2-16:28 2-00:23 | 16:28 | 8:20 | Topias Ryyppö |
| 3. | Isak Hertsbacka | NOK | 4-01:56 4-01:56 | 4-04:52 4-02:56 | 3-06:35 3-01:43 | 3-08:31 3-01:56 | 3-10:40 3-02:09 | 3-12:52 4-02:12 | 3-20:52 4-08:00 | 3-22:54 1-02:02 | 3-23:17 2-00:23 | 23:17 | 11:47 | Isak Hertsbacka |
| | Voitto Backman | KangSK | 2-01:43 2-01:43 | 1-04:20 1-02:37 | | 0-08:04 | 0-10:38 4-02:34 | 0-12:00 1-01:22 | 4-01:09 2-02:09 | 0-17:08 4-02:59 | 0-17:31 2-00:23 | Hyl. | | Voitto Backman |

D14 2,75 km

| | | 1. (281 m) | 2. (358 m) | 3. (284 m) | 4. (853 m) | 5. (155 m) | 6. (180 m) | 7. (240 m) | 8. (326 m) | 9. | Tulos (min/km) | | | |
|----|-----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|------|-----------------|
| 1. | Martta Lehtinen | AngA | 2-02:00 2-02:00 | 2-05:29 1-03:29 | 2-07:45 3-02:16 | 2-15:09 1-07:24 | 1-16:47 1-01:38 | 1-18:24 1-01:37 | 1-20:13 1-01:49 | 1-22:33 2-02:20 | 1-22:55 1-00:22 | 22:55 | 8:20 | Martta Lehtinen |
| 2. | Maiju Palosaari | KiimU | 2-02:00 2-02:00 | 3-06:07 3-04:07 | 3-08:22 1-02:15 | 3-16:04 3-07:42 | 3-18:09 2-02:05 | 3-20:11 3-02:02 | 2-22:03 2-01:52 | 2-24:36 3-02:33 | 2-24:58 1-00:22 | 24:58 | 9:04 | Maiju Palosaari |
| 3. | Miina Lehtinen | AngA | 1-01:37 1-01:37 | 1-05:15 2-03:38 | 1-07:30 1-02:15 | 1-14:59 2-07:29 | 2-17:04 2-02:05 | 2-19:03 2-01:59 | 3-23:42 3-04:39 | 3-25:55 1-02:13 | 3-26:17 1-00:22 | 26:17 | 9:33 | Miina Lehtinen |

D12 1,98 km

| | | 1. (246 m) | 2. (365 m) | 3. (175 m) | 4. (155 m) | 5. (291 m) | 6. (101 m) | 7. (209 m) | 8. (348 m) | 9. | Tulos (min/km) | | | |
|----|----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|------|----------------|
| 1. | Frida Koskinen | Trian | 1-01:57 1-01:57 | 1-05:11 1-03:14 | 1-06:47 1-01:36 | 1-09:47 1-03:00 | 1-12:05 1-02:18 | 1-13:57 1-01:52 | 1-16:13 1-02:16 | 1-19:01 1-02:48 | 1-19:30 1-00:29 | 19:30 | 9:52 | Frida Koskinen |

H10RR 2,48 km

| | | 1. (165 m) | 2. (354 m) | 3. (153 m) | 4. (132 m) | 5. (239 m) | 6. (157 m) | 7. | Tulos (min/km) | | | |
|----|----------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|----------------|
| 1. | Ilmari Hietala | OH | 2-01:05 2-01:05 | 1-04:26 1-03:21 | | 1-06:10 | 2-10:36 1-04:26 | 2-11:53 1-01:17 | 2-12:18 2-00:25 | 22:18 | 9:00 | Ilmari Hietala |
| 2. | Ruben Koskinen | Trian | 3-01:23 3-01:23 | 2-10:37 2-09:14 | 1-13:01 1-02:24 | 2-16:08 1-03:07 | 3-22:04 2-05:56 | 3-26:14 3-04:10 | 3-26:40 3-00:26 | 26:40 | 10:46 | Ruben Koskinen |
| 3. | Antto Backman | KangSK | 1-01:04 1-01:04 | | | | 1-08:11 2-02:48 | 1-10:59 1-11:19 | 1-11:19 1-00:20 | 31:19 | 12:39 | Antto Backman |

D10RR 2,48 km

| | | 1. (165 m) | 2. (354 m) | 3. (153 m) | 4. (132 m) | 5. (239 m) | 6. (157 m) | 7. | Tulos (min/km) | | | |
|----|-------------------|------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------|-------|-------------------|
| 1. | Anni Pasanen | SuomRa | 2-01:03 2-01:03 | 1-04:00 1-02:57 | 1-05:14 1-01:14 | 1-06:32 1-01:18 | 1-09:27 1-02:55 | 1-12:22 1-02:55 | 1-12:49 1-00:27 | 12:49 | 5:10 | Anni Pasanen |
| 2. | Venla Pasanen | SuomRa | 1-00:57 1-00:57 | 2-04:22 2-03:25 | 2-05:48 2-01:26 | 2-07:46 3-01:58 | 2-11:39 2-03:53 | 2-14:44 2-03:05 | 2-15:11 1-00:27 | 15:11 | 6:08 | Venla Pasanen |
| 3. | Jenny Jacobson | OK77 | 3-01:25 3-01:25 | 3-06:12 3-04:47 | 3-08:20 3-02:08 | 3-09:41 2-01:21 | 3-17:00 4-07:19 | 3-20:32 3-03:32 | 3-21:00 3-00:28 | 21:00 | 8:29 | Jenny Jacobson |
| 4. | Linnea Hertsbacka | NOK | 4-02:13 4-02:13 | 4-12:43 4-10:30 | 4-17:00 4-04:17 | 4-21:49 4-04:49 | 4-28:12 3-06:23 | 4-32:20 4-04:08 | 4-32:52 4-00:32 | 32:52 | 13:16 | Linnea Hertsbacka |