

AV-suunnistajien (ym) 3000/5000 m ratatesti La 20.2.2010 Pirkkahalli

Km-vauhdit

	1000	2000	3000	4000	5000		1000	2000	3000	4000	5000	Min/km
Juuso Kujanpää	3:32	7:09	10:38	14:13	17:43		3:32	3:37	3:29	3:35	3:30	3:32
Kristian Kannus					17:55							3:35
Anni-Maija Fincke	3:34	7:10	10:44	14:21	17:55		3:34	3:36	3:34	3:37	3:34	3:35
Ilkka Nurminen					17:58							3:35
Elias Kuukka	3:36	7:24	11:10	14:54	18:23		3:36	3:48	3:46	3:44	3:29	3:40
Santeri Sainio	3:32				18:43							3:44
Heidi Haapasalo	3:48	7:37	11:27	15:17	18:59		3:48	3:49	3:50	3:50	3:42	3:47
Liisa Pulli	4:00	8:00	12:09	16:20	20:23		4:00	4:00	4:09	4:11	4:03	4:04
Ellu Munukka	4:05	8:18	12:31	16:45	20:47		4:05	4:13	4:13	4:14	4:02	4:09
Laura Virekunnas	0:04:31	0:09:17	0:14:11	0:19:12	#####		0:04:31	0:04:46	0:04:54	0:05:01	0:04:50	0:04:48
Mikko Haikonen	3:32	7:12	11:00	14:54	kesk		3:32	3:40	3:48	3:54		3:43

(4 km)

Km-vauhdit

	1000	2000	3000				1000	2000	3000			Min/km
Jarkko Laine	3:09	6:21	9:25				3:09	3:12	3:04			3:08
Anton Kuukka	3:57	8:00	11:46				3:57	4:03	3:46			3:55
Mia Niittynen			11:56									3:58
Jouni Mähönen	3:57	8:04	12:13				3:57	4:07	4:09			4:04
Emmi Mähönen	4:00	8:08	12:20				4:00	4:08	4:12			4:06
Jussi Harju	4:00	8:13	12:25				4:00	4:13	4:12			4:08
Raimo Arvola		8:30	12:42					8:30	4:12			4:14
Suvi Harju	4:02	8:26	12:47				4:02	4:24	4:21			4:15
Nina Papinsaari	4:03	8:27	12:47				4:03	4:24	4:20			4:15
Tanja Moser	4:13	8:39	12:55				4:13	4:26	4:16			4:18
Ruut Kanko			13:07									4:22
Liisa Parviainen	4:17	9:06	13:49				4:17	4:49	4:43			4:36
Sanni Kymäläinen	4:13	8:55	kesk				4:13	4:42				4:27

(2 km)