

Heltri cup juoksu 12.4.

| | sukunimi | etunimi | seura | sarja | 3 km | 6 km |
|----|-------------|-------------|--------|-------|-------|-------|
| 1 | Vuorinen | Jari | HelTri | M40 | 10,04 | 20,25 |
| 2 | Laine | Vesa | HelTri | M40 | 11,03 | 22,35 |
| 3 | Lehto | Teemu | HelTri | M40 | 11,38 | 23,45 |
| 4 | Sarajärvi | Jari | HelTri | M40 | 11,49 | 24,22 |
| 5 | Heikkinen | Juha | HelTri | M40 | 12,08 | 24,33 |
| 6 | Laurikainen | Jyrki | HelTri | M40 | 12,17 | 24,35 |
| 7 | Ovaskainen | Harri | HelTri | M40 | 12,03 | 24,43 |
| 8 | Kiviniitty | Jyrki | HelTri | M40 | 12,35 | 25,43 |
| 9 | Rönnberg | Juhani | HelTri | M40 | 13,31 | 27,01 |
| | Herranen | Jarmo | HelTri | M40 | 12,51 | dnf |
| | Ahti | Petri | HelTri | M40 | | |
| | | | | | | |
| 1 | Mikkola | Olli | HelTri | M50 | 11,02 | 22,13 |
| 2 | Madekivi | Jussi | HelTri | M50 | 14,31 | 28,57 |
| 3 | Lipasti | Tapsa | HelTri | M50 | | 29,45 |
| 4 | Aaltonen | Jari | HelTri | M50 | 16,12 | 32,45 |
| | | | | | | |
| 1 | Hakulinen | Lasse | HelTri | MYL | 10,04 | 20,33 |
| 2 | Dahlman | Jens | HelTri | MYL | 10,24 | 21,10 |
| 3 | Jussila | Antti | HelTri | MYL | 10,50 | 22,03 |
| 4 | Lampinen | Teemu | HelTri | MYL | | 23,23 |
| 5 | Simola | Tommi | HelTri | MYL | 11,09 | 23,40 |
| 6 | Junkkaala | Hannu | HelTri | MYL | 11,35 | 23,52 |
| 7 | Seikkula | Teemu | HelTri | MYL | 11,49 | 23,57 |
| 8 | Tenngren | Sami | HelTri | MYL | 12,03 | 24,36 |
| 9 | Sivonen | Harri | HelTri | MYL | 12,17 | 25,12 |
| 10 | Koivunen | Jarkko | HelTri | MYL | 12,42 | 25,43 |
| 11 | Pulkinen | Tapio | HelTri | MYL | 12,33 | 25,59 |
| 12 | Westerholm | Oskari | HelTri | MYL | 13,42 | 28,08 |
| 13 | Kejonen | Sami | HelTri | MYL | 13,54 | 28,56 |
| | Kaskinen | Erno | HelTri | MYL | | |
| | Nuutinen | Samuli | HelTri | MYL | | |
| | Rantala | Jaakko | HelTri | MYL | | |
| | Räsänen | Samuli | HelTri | MYL | | |
| | Saarinen | Anton | HelTri | MYL | | |
| | | | | | | |
| 1 | Heliö | Miia | HelTri | N40 | 13,47 | 27,45 |
| 2 | Nurminen | Sarianna | HelTri | N40 | 14,38 | 29,44 |
| | | | | | | |
| 1 | Kullberg | Sanna | HelTri | NYL | 11,02 | 23,15 |
| 2 | Ohling | Annica | HelTri | NYL | 13,47 | 27,20 |
| 3 | Eloranta | Meri-Maaria | HelTri | NYL | | 30,28 |
| 4 | Ronkainen | Jenni | HelTri | NYL | 15,57 | 31,51 |
| 5 | Ryyti | Tarja | HelTri | NYL | | 31,54 |
| 6 | Sohlman | Anu | HelTri | NYL | 15,55 | 32,23 |
| | Sieppo | Petra | HelTri | NYL | | |