**Heinolan piirikunnallinen 31.01.2019 TULOKSET**

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| **M 8 v.**  | 1 km |

1)Mikael Ruponen, Heinolan Isku 4,02

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| **M 10 v.** | 2 km |

1)Jeri Kanerva, Heinolan Isku, 6,15

2)Perttu Silvonen, Heinolan Isku, 6,29

N10 v. 2 km

1)Aada Mäiseli, Heinolan Isku, 5,19

2)Peppi Mäkelä, Heinolan Isku, 6,45

3)Janette Tarkiainen, Heinolan Isku, 6,47

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| **M 12 v.** | 1. k**m**
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1)Onni Mäiseli, LHS, 12,05

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| **N 12 v.** | **3 km** |

1)Ronja Turunen, LHS, 13,48

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| **N 16 v.** | **3 km** |

1)Anni Mylläri, Heinolan Isku, 11,35

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| **M 20 v.**  | **10 km**  |

1)Juho Mylläri, Heinolan Isku, 26,56

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| **N yl.**  | **5 km** |

1)Inka Komonen, Nastolan Naseva, 15,02

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| **M 35 v.**  | **10 km**  |

1)Jukka Mäiseli, LHS, 28,52

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| **M 45 v.**  | 5 km  |

1)Jari Ylilehto, Heinolan Isku, 15,35

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| **N 45 v.** | 5 km |

1)Sari Mylläri, Heinolan Isku, 18,12

2)Katja Nisukangas, Sysmän Sisu, kesk.

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| **M 55 v.** | **5 km**  |

1)Tapio Vikman, Lahden Kaleva, 17,11

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| **N 55 v.**  | **5 km** |

1)Pirjo Peltomaa, Heinolan Isku, 19,43

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| **M 65 v.**  | **5 km**  |

1)Matti Haaponiemi, Heinolan Isku, 18,40

2)Ari Kainulainen, Heinolan Isku, 20,52

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| **M 75 v.** | **3 km**  |

1)Markku Salo, Heinolan Isku, 15,12