

## Terrängcupen 19.4.2026 Skogsbergets motionsspår, 160 deltagare

### F7 400 m

|    |                 |           |      |
|----|-----------------|-----------|------|
| 1  | Kerttu Ventin   |           | 1.33 |
| 2  | Emma Qiu        | IF Femman | 1.39 |
|    | Astrid Ragvals  | VIS       | 1.39 |
|    | Meeri Lammila   |           | 1.39 |
| 5  | Ilse Strandvall | VIS       | 1.41 |
| 6  | Kiira Mänty     |           | 1.48 |
| 7  | Ylva Laurén     | VIS       | 1.49 |
| 8  | Felice Sjölund  |           | 1.50 |
| 9  | Iris Sillanpää  | VIS       | 1.52 |
|    | Wilda Karlström | IF Femman | 1.52 |
| 11 | Tove Melin      | IF Femman | 1.53 |
| 12 | Amanda Westö    |           | 1.57 |
| 13 | Riina Toukola   | VIS       | 1.59 |
| 14 | Ilona Aapio     | VIS       | 2.05 |
| 15 | Stina Lövdahl   | VIS       | 2.09 |
| 16 | Ebba Bondén     | VIS       | 2.12 |
| 17 | Olivia Holkkola | VIS       | 2.14 |
| 18 | Ester Blundin   | VIS       | 2.39 |

### Utan tidtagning

Ellen Widd

### P7 400 m

|    |                    |           |      |
|----|--------------------|-----------|------|
| 1  | Albert Strandvall  | VIS       | 1.30 |
| 2  | Hugo Smedlund      | VIS       | 1.31 |
| 3  | Arvid Stubb        | VIS       | 1.35 |
| 4  | Viljam Tuomela     |           | 1.39 |
| 5  | Hannes Hellman     | IF Femman | 1.40 |
| 6  | Colin Ehn          |           | 1.42 |
|    | Vidar Lundqvist    | VIS       | 1.42 |
| 8  | Elwin Södergran    | VIS       | 1.43 |
|    | Eje Österåker      |           | 1.43 |
| 10 | Ebbe Westö         | VIS       | 1.45 |
| 11 | Nuutti Sillanpää   |           | 1.48 |
| 12 | Eddie Rönqvist     |           | 1.50 |
| 13 | Oscar Holkkola     | VIS       | 1.51 |
|    | Aston Prinsén      |           | 1.51 |
| 15 | Theo Östergårds    | VIS       | 1.53 |
|    | Ted Hannuksela     | IF Femman | 1.53 |
| 17 | Aleksei Andreev    | VIS       | 1.55 |
| 18 | Axel Bäckström     | IF Femman | 1.56 |
| 19 | Edgar Hudd         | VIS       | 1.58 |
|    | Charlie Elliott    |           | 1.58 |
| 21 | Viljami Käräjämäki |           | 1.59 |
|    | Edwin Granlund     | VIS       | 1.59 |
| 23 | Liam Sandvik       | VIS       | 2.04 |
| 24 | Tomas Ketelä       |           | 2.07 |

|    |                   |           |      |
|----|-------------------|-----------|------|
|    | Walle Nysand      | VIS       | 2.07 |
| 26 | Edward Bertlin    | IF Femman | 2.08 |
|    | Bille Glasberg    |           | 2.08 |
| 28 | Melker Karlström  | IF Femman | 2.09 |
| 29 | Lowe Lundberg     |           | 2.11 |
| 30 | Leon Granlund     |           | 2.14 |
| 31 | Mattis Tunis      | IF Femman | 2.16 |
| 32 | Felix Dahlvik     | VIS       | 2.28 |
| 33 | Vincent Yli-Kätkä | IF Femman | 2.29 |
| 34 | Oscar Granholm    | IF Femman | 2.39 |
| 35 | Loui Rönnlund     |           | 2.41 |
| 36 | Einar Linnell     | VIS       | 4.08 |

#### Utan tidtagning

|  |                    |     |  |
|--|--------------------|-----|--|
|  | Jack Nymark        |     |  |
|  | Alexander Storholm | VIS |  |

#### F9 1 km

|    |                   |           |      |
|----|-------------------|-----------|------|
| 1  | Lilja Käräjämäki  |           | 4.03 |
| 2  | Ingrid Grannas    | VIS       | 4.32 |
| 3  | Ellen Stenman     | VIS       | 4.33 |
| 4  | Estrid Haga       | VIS       | 4.50 |
| 5  | Ronja Toukola     | VIS       | 4.54 |
| 6  | Telma Schrey      | VIS       | 4.58 |
|    | Fiona Aapio       | VIS       | 4.58 |
| 8  | Livia Hemberg     | IF Femman | 4.59 |
|    | Helmiina Nikkinen | VIS       | 4.59 |
| 10 | Vera Smedlund     | VIS       | 5.00 |
| 11 | Lilia Oikkonen    | VIS       | 5.01 |
|    | Elin Breckle      | VIS       | 5.01 |
| 13 | Noelia Nymark     |           | 5.11 |
| 14 | Amanda Rönnqvist  | VIS       | 5.14 |
| 15 | Tyra Smulter      | VIS       | 5.31 |
| 16 | Sarah Sjölund     |           | 5.45 |
| 17 | Saga Beijar       | VIS       | 5.47 |
| 18 | Juni Back         | VIS       | 5.49 |
| 19 | Saga Nordberg     | VIS       | 5.51 |
| 20 | Freja Tunis       | IF Femman | 8.06 |

#### Utan tidtagning

|  |               |     |  |
|--|---------------|-----|--|
|  | Ella Kontturi | VIS |  |
|--|---------------|-----|--|

#### P9 1 km

|   |                 |           |      |
|---|-----------------|-----------|------|
| 1 | Ivar Stubb      | VIS       | 4.08 |
| 2 | Andreas Ventin  |           | 4.09 |
| 3 | Didrik Rotkirch | VIS       | 4.17 |
| 4 | Ivar Bogdan     | VIS       | 4.29 |
| 5 | Emil Lövdahl    |           | 4.32 |
| 6 | Ivar Melin      | IF Femman | 4.35 |
| 7 | Lukas Ketelä    |           | 4.41 |

|    |                 |           |      |
|----|-----------------|-----------|------|
| 8  | Viljami Mänty   |           | 4.46 |
|    | Urho Pouttu     |           | 4.46 |
| 10 | Atle Westö      | VIS       | 4.52 |
| 11 | Edvin Mörk      | IF Femman | 4.54 |
| 12 | Viljam Westö    | VIS       | 5.20 |
|    | Arvid Näse      | IF Femman | 5.20 |
| 14 | Alvin Huhtamäki | VIS       | 5.21 |
| 15 | Emil Blomqvist  | IF Femman | 5.24 |
| 16 | Kevin Yli-Kätkä | IF Femman | 5.28 |
| 17 | Alex Ollikainen | VIS       | 6.03 |
| 18 | Oskar Winter    |           | 6.12 |
| 19 | Hugo Granlund   | VIS       | 7.08 |

#### Utan tidtagning

|  |                   |     |  |
|--|-------------------|-----|--|
|  | Alvar Limnell     | VIS |  |
|  | Benjamin Storholm | VIS |  |
|  | August Björkström | VIS |  |

#### F/P11 1 km

|    |                    |           |      |
|----|--------------------|-----------|------|
| 1  | Vincent Strandvall | VIS       | 3.39 |
| 2  | Lukas Sjöstrand    | VIS       | 3.45 |
| 3  | Nella Åberg        | VIS       | 3.52 |
| 4  | Louise Strandvall  | VIS       | 3.58 |
| 5  | Edward Stubb       | VIS       | 4.01 |
| 6  | Judith Hofman      | VIS       | 4.10 |
| 7  | Nathalie Östersund |           | 4.12 |
| 8  | Sigge Glasberg     |           | 4.29 |
| 9  | Mea Holkkola       | VIS       | 4.31 |
| 10 | Leia Blomqvist     | IF Femman | 4.35 |
| 11 | Selma Ek           | VIS       | 4.36 |
| 12 | Stella Strandvall  | VIS       | 4.37 |
| 13 | Alina Gädda        | VIS       | 4.38 |
| 14 | Hedda Björksten    | IF Femman | 4.43 |
| 15 | Alva Riska         | IF Femman | 4.48 |
| 16 | Noah Nylund        | VIS       | 4.50 |
|    | Oscar Dahlin       | VIS       | 4.50 |
| 18 | Evi Melin          | IF Femman | 4.52 |
| 19 | Hilda Enbacka      | IF Femman | 4.53 |
|    | Ally Fant          |           | 4.53 |
| 21 | Sampo Lammila      |           | 4.54 |
| 22 | Larissa Ehn        | VIS       | 4.56 |
| 23 | Agnes Andersson    | VIS       | 4.57 |
| 24 | Wilma Yli-Kätkä    | IF Femman | 4.58 |
| 25 | Tilde Nordström    |           | 5.00 |
| 26 | Moa-Simone Schrey  | VIS       | 5.02 |
| 27 | Lucas Qiu          | IF Femman | 5.05 |
| 28 | Eetu Huhta-Kahma   | VIS       | 5.19 |
| 29 | Emelie Westerlund  | IF Femman | 5.20 |
| 30 | Arvid Smulter      | VIS       | 5.22 |
| 31 | Wilma Hellman      | IF Femman | 5.23 |

32 Julia Östergårds VIS 5.33

**Utan tidtagning**

Tyra Berg IF Femman

**F/P13 2 km**

|    |                   |           |       |
|----|-------------------|-----------|-------|
| 1  | Aarre Käräjämäki  |           | 7.59  |
| 2  | Dominic Rotkirch  | VIS       | 8.27  |
| 3  | Aada Nordlind     | VIS       | 8.30  |
| 4  | Alexander Grannas | VIS       | 8.42  |
| 5  | Robin Härtull     | IF Femman | 8.55  |
| 6  | William Finskas   | IF Femman | 8.56  |
| 7  | Felicia Häggblom  | VIS       | 9.08  |
| 8  | Amanda Sarén      | VIS       | 9.31  |
| 9  | Noah Rönnlund     |           | 9.35  |
| 10 | Casper Forsell    | VIS       | 10.00 |
| 11 | Vincent Riska     | IF Femman | 10.02 |
| 12 | Hilda Oikkonen    | VIS       | 10.03 |
|    | Lydia Hemberg     | IF Femman | 10.03 |
| 14 | Olivia Nysten     | IF Femman | 10.09 |
| 15 | Vera Ahlskog      | IF Femman | 10.25 |
| 16 | Lo Willows        | VIS       | 10.29 |
|    | Isabella Filppula | IF Femman | 10.29 |

**Utan tidtagning**

Isabella Yli-Kätkä IF Femman

**D/H15 3 km**

|   |                  |     |       |
|---|------------------|-----|-------|
| 1 | Edward Sjöstrand | VIS | 11.51 |
| 2 | Viljo Pouttu     |     | 12.03 |
| 3 | Jaakko Oinas     | VIS | 12.53 |
| 4 | Sofia Rabb       | VIS | 15.42 |
| 5 | Onni Käräjämäki  |     | 15.54 |

**D/H 4 km**

|   |                   |     |       |
|---|-------------------|-----|-------|
| 1 | Wilmer Sjöstrand  | VIS | 15.42 |
| 2 | Oosa Pouttu       | VIS | 16.11 |
| 3 | Jussi Pouttu      |     | 18.51 |
| 4 | Christian Kantola |     | 20.52 |