



28.-29.8.2026, Lahti

SUOMEN
FITNESSURHEILU RY.

OFFICIAL CONTEST RESULTS

Wellness fitness SM -158cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2	RD3	RD4	Score
1	139	Mirva Kangasniemi Oulu	Team Advanced Fitness	1986	/157.3	6				6
2	143	Fanny Joensuu Tampere	Team Fitfarm	2003	/154	9				9
3	141	Eerika Kehusmaa Oulu	Northern Light's Fitness Team	1992	/155.4	16				16
4	140	Sonja joensuu Lohja	Team Strong Body	1991	/156.9	19				19
5	142	Nadine Onofrey Vantaa	Team Badass Athletes	2001	/158	25				25
6	138	Susanna Kynsilehto Oulu	Northern Light's Fitness Team	1990	/152.6	30				30

Σ=6

Wellness Fitness SM -163cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2	RD3	RD4	Score
1	145	Laura Helansuo Vantaa	Team REV	2000	/160.7	7	5			5
2	151	Anni Raatikainen Jyväskylä	Team Next Generation Physique	1998	/161	11	11			11
3	144	Sonja Nousiainen Oulu	Northern Light's Fitness Team	2000	/161	14	15			15
4	149	Heidi Mannila Rauma	Team Strong Physiques	1986	/158.8	19	19			19
5	147	Heidi Möttönen Lohja	Team Strong Body	1989	/159.4	28	26			26
6	146	Emilia Rusanen Pieksämäki	Team Advanced Fitness	2002	/159.4	32	29			29
7	148	Salla Lyytikäinen Vaajakoski	TeamFitWell	1977	/159.6	34				
8	150	Agneta Honkala Mustasaari	Team Michelangelo's	1966	/161.5	35				

Σ=8

Wellness Fitness SM -166cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2	RD3	RD4	Score
1	153	Essi Jumisko Tampere	Team Finnish Physique Academy	2003	/164.3	5				5
2	155	Iiris Korpinen Oulu	Team Next Level	2003	/165.4	10				10
3	152	Annu Kaija Vantaa	Team Advanced Fitness	2003	/165.5	17				17
4	156	Sanna Toija Rovaniemi	Team JiiPee	2003	/164	17				17
5	154	Pia Kankaanpää Pietarsaari	TeamTN	1992	/164.4	25				25

Σ=5

Wellness Fitness SM +166cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2	RD3	RD4	Score
1	166	Helmi Tammenpää Helsinki	Team BAO	1999	/166.6	5	6			6
2	161	Salla Martikainen Tyrvääntö	Team Legion	1997	/169.8	10	9			9
3	163	Liina Ylikotila Keminmaa	Team JiiPee	2000	/169.8	16	17			17
4	162	Minja Purhonen Helsinki	Team BalancedBody	1999	/167.3	19	18			18
5	158	Emmi Nylund Helsinki	Team Advanced Fitness	1999	/167.7	32	27			27
6	167	Carita Ahtonen Helsinki	Team Finnish Physique Academy	1990	/167.2	32	28			28
7	160	Janette Piispanen Joensuu	Team Smells Like Fitness	2002	/167.6	35				
8	168	Niina Leppä Valkeala	Team BAO	1996	/166.9	38				
9	164	Helmi Liukkonen Joensuu	Team Body Crew	2001	/172.6	39				
10	157	Hanna-Kaisa Koivulahti Kylänpää	Team Fitfarm	1987	/170.1	55				
11	165	Johanna Luukkanen Pori	Team Nomos	1980	/167.7	57				
12	159	Milla Laakkonen Karstula	Team Next Level	1999	/170.7	59				
13	169	Henna Heikkonen	Team BAO	1988	/168.8	59				

Σ=13

Wellness Fitness SM Overall

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2	RD3	RD4	Score
1	166	Helmi Tammenpää Helsinki	Team BAO	1999	/166.6	8				8
2	153	Essi Jumisko Tampere	Team Finnish Physique Academy	2003	/164.3	8				8
3	139	Mirva Kangasniemi Oulu	Team Advanced Fitness	1986	/157.3	13				13
4	145	Laura Helansuo Vantaa	Team REV	2000	/160.7	20				20

Σ=4