

 SPARTAN — 2025
EUROPEAN CHAMPIONSHIP | **HOSTED BY:**
Lahti

ATHLETE GUIDE

AUGUST 22-24, 2025

Lahti



JÄÄDE™
FINNISH SPRING WATER

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WELCOME TO THE SPARTAN EUROPEAN CHAMPIONSHIP IN LAHTI, FINLAND

FOR THE FIRST TIME EVER, SPARTAN IS EXPANDING ITS LEGACY TO THE BREATHTAKING LANDSCAPES OF FINLAND, BRINGING THE GRIT AND CHALLENGE OF A TRIFECTA WEEKEND TO THE CITY OF LAHTI. LOCATED IN SOUTHERN FINLAND, LAHTI SITS WITHIN THE SALPAUSSELKÄ UNESCO GLOBAL GEOPARK, A REGION RENOWNED FOR ITS STUNNING TERRAIN FORMED BY MELTWATERS FROM A CONTINENTAL GLACIER OVER 12,000 YEARS AGO.

THIS ISN'T JUST ANOTHER RACE; IT'S A JOURNEY INTO THE HEART OF NATURE, WHERE EVERY OBSTACLE IS A TESTAMENT TO THE FIERCE SPIRIT OF THE LAND AND THE WARRIORS WHO DARE TO CONQUER IT. PREPARE YOURSELF FOR AN UNFORGETTABLE EXPERIENCE, WHERE HISTORY, NATURE, AND SPARTAN DETERMINATION COLLIDE IN A WAY THAT ONLY FINLAND CAN OFFER.

THE WEEKEND INCLUDES THE CELEBRATION OF NATION & FESTIVAL EXPERIENCES!



TO BE ELIGIBLE FOR PODIUM AWARDS AND PRIZE MONEY AT THIS EVENT,
PARTICIPANTS MUST HOLD A PASSPORT FROM A EUROPEAN COUNTRY.
HOWEVER, ALL COUNTRIES WILL STILL BE CELEBRATED IN THE NATIONS PARADE

ABOUT THE HOST CITY LAHTI

WE WARMLY WELCOME ALL ATHLETES AND FAMILY
MEMBERS TO LAHTI

ON THIS SITE YOU WILL FIND USEFUL
INFORMATION ABOUT THE HOST CITY LAHTI,
TRANSPORTATION, ACCOMMODATION, MAPS,
SIGHTS & ACTIVITIES AS WELL AS
RESTAURANTS AND BEAUTIFUL CAFÉS.

BOOK YOUR CITY BIKE HERE

VISIT LAHTI PERSONNEL IS HAPPY TO HELP,
PLEASE CONTACT SALES@LAHTIREGION.FI



LOCATION & ACCESS

SPARTAN EUROPEAN CHAMPIONSHIP 2025 WILL TAKE PLACE
IN LAHTI. FINLAND AT

LAHTI SPORTS CENTRE, LAHTI, FI

SALPAUSSELÄNKATU 8, 15110 LAHTI, FINLAND

VENUE IS LOCATED IN 10 MIN WALKING DISTANCE FROM
THE CITY CENTER AND 15 MIN WALK FROM THE LAHTI
TRANSPORT HUB.



VENUE ACCESS & PARKING

PARKING ADDRESS:

LAHTI SPORTS CENTRE, LAHTI, FI

NEAREST AIRPORT:

HELSINKI INTERNATIONAL AIRPORT

FROM AIRPORT TO VENUE:

VIA TRAIN

1 HOUR FROM THE AIRPORT WITH
ONE CHANGE IN TIKKURILA RAILWAY
STATION

PARKING MAP:



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Visit
Lahti
Lakeland Finland

COLLECT 6 OUT OF 7 STICKERS TO YOUR PASSPORT TO RECEIVE
AN EXCLUSIVE SPARTAN LAHTI PRODUCT.*

FI.SPARTAN.COM/EN



THE PASSPORT



*SUBJECT TO AVAILABILITY. PRIZES GIVEN TO THE FIRST 500 RACERS TO COMPLETE THE PASSPORT. PASSPORT PRIZES ARE RESERVED FOR SPARTAN REGISTERED RACERS ONLY. THERE WILL BE CITY OF LAHTI PRINTED PASSPORTS WILL BE AVAILABLE AT THE INFO DESK TENT (BLUE TENT) IN THE FESTIVAL AREA. PLEASE ALSO RETURN THE COMPLETED PASSPORT TO THE TENT TO COLLECT YOUR PRIZE.

UNIQUE FOR THIS EVENT

SPARTAN PASSPORT

THE LAHTI - FINLAND SPARTAN PASSPORT IS AN EXHILARATING CHALLENGE FOR RACERS TO EXPLORE THE CITY OF LAHTI AND DISCOVER HIDDEN GEMS DURING THE SPARTAN EUROPEAN CHAMPIONSHIP FINLAND.

PARTICIPANTS NEED TO COLLECT 6 OUT OF 7 STICKERS IN THEIR PASSPORT TO RECEIVE AN EXCLUSIVE SPARTAN LAHTI PRODUCT.

We recommend to visit locations during their opening times, but if you are there in some other time, you may still collect a sticker. Take a selfie in location with identified background and show it **on the Lahti Info Desk tent @ Festival** to collect certain **location sticker(s)**.

OPENING CEREMONY

LOCATION: LAHTI MARKET SQUARE, VAPAUDENKATU 7, 15110 LAHTI, FINLAND

DATE: FRIDAY, AUGUST 22, 2025



- 10:00 - 18:00 MERCHANDISING SHOP OPEN
- 12:00 - 18:00 REGISTRATION OPEN - EUROPEAN CHAMPIONSHIP & SPRINT PACKET PICK UP FOR ATHLETES ALL FORMATS @ LAHTI MARKET SQUARE
- 16:00 -17:00 PRESS CONFERENCE TBC
- 17:00 -17:30 FLAGS PICK UP
- 18:00 OPENING CEREMONY, ATHLETES BRIEFING EU BEAST
- 19:00 NATIONS PARADE

AS THIS IS THE EUROPEAN CHAMPIONSHIP, WE CAN ONLY CONFIRM WE WILL HAVE ALL EUROPEAN FLAGS AVAILABLE FOR THE NATIONS PARADE, ON SITE.

IF YOU ATTEND FROM ANOTHER REGION, PLEASE NOTE THAT WE MAY NOT HAVE YOUR COUNTRY'S FLAG SO WE STRONGLY SUGGEST TO BRING YOUR OWN - ALL ARE WELCOME IN THE NATIONS PARADE NO MATTER WHERE YOU ARE FROM!

WEEKEND SCHEDULE



**SATURDAY 23/08/2025 @ LAHTI SPORTS CENTRE,
LAHTI, FI**

07:00 - 19:00 FESTIVAL OPENS
07:00 - 19:00 MERCHANDISING SHOP OPEN
07:00 - 08:00 REGISTRATION OPEN - EUROPEAN
CHAMPIONSHIP BEAST
08:00 - 15:00 REGISTRATION OPEN - LATE SPRINT
SATURDAY / SPRINT SUNDAY / SUPER SUNDAY PACKET
PICK UP / KIDS RACE
8:00 EU ELITE MEN/WOMEN HEATS
08:15 - 8:45 EU AG MEN/WOMEN HEATS
09:00 - 10:30 EU OPEN MEN/WOMEN HEATS
13:00 SPRINT OPEN MEN/WOMEN HEATS
16:00 - 16:30 KIDS RACE HEATS (3200M)
16:30 - 17:00 KIDS RACE HEATS (1200M)
17:00 - 17:30 KIDS RACE HEATS (800M)
17:30 LAST RACER FINISH - COURSE CLOSED
18:30 EU BEAST AWARD CEREMONY @ **LAHTI MARKET**
SQUARE

**SUNDAY 24/08/2025 @ LAHTI SPORTS CENTRE,
LAHTI, FI**

08:00 - 17:00 FESTIVAL OPENS
08:00 - 17:00 MERCHANDISING SHOP OPEN
07:00 - 13:00 REGISTRATION OPEN - SPRINT + SUPER
PACKET PICK UP
13:00 - 17:00 REGISTRATION OPEN - MULTIPLE TRIFECTA
MEDALS
9:00 SUPER ELITE MEN/WOMEN HEATS
09:15 - 09:45 SUPER AG MEN/WOMEN HEATS
10:00 - 10:30 SUPER OPEN MEN/WOMEN HEATS
12:00 SPRINT OPEN MEN/WOMEN HEATS
14:00 SUPER AWARD CEREMONY

CHECKLIST: WHAT TO BRING

☑ MANDATORY DOCUMENTS

YOU MUST SCREENSHOT OR PRINT AND BRING YOUR HEAT TIME, REGISTRATION BARCODE, AND PHOTO IDENTIFICATION TO PICK UP YOUR PACKET. [CLICK HERE](#) FOR INSTRUCTIONS TO LOCATE YOUR BARCODE. THIS IS IMPORTANT, AS YOU WILL HAVE TO SHOW YOUR HEAT TIME PRIOR TO ENTERING, AND SERVICE CAN BE UNRELIABLE.

☑ YOUR OWN HYDRATION SYSTEM - CUPS WILL NO LONGER BE HANDED OUT AT THE AID STATIONS

ALL PARTICIPANTS MUST BRING AND USE THEIR OWN HYDRATION SYSTEM FOR THE RACE. WE RECOMMEND SO-CALLED SOFT FLASKS, BACKPACKS WITH DRINKING BLADDERS OR FOLDABLE CUPS. WITH YOUR OWN HYDRATION SYSTEM YOU GET DRINKS ON ROUTE AND AT THE FINISH.

☑ FUEL

RACERS SHOULD PLAN TO BRING APPROPRIATE FUEL FOR THEIR NEEDS. NUTRITION WILL BE AVAILABLE ON THE COURSE .

☑ EQUIPMENT & CLOTHING

- ALL PARTICIPANTS ARE ENCOURAGED TO BRING A CHANGE OF CLOTHES, SHOES, & A PLASTIC BAG FOR WET & Muddy ITEMS. THERE WILL BE CHANGING TENTS AT THE EVENT. PLEASE PLAN YOUR POST-RACE GEAR ACCORDINGLY.
- SHOES WITH SPIKES ARE NOT ALLOWED

⚠ NO OBJECTS OF VALUE

YOU RISK LOSING OR DAMAGING THEM ON THE RACE. OUR BAGCHECK AREA IS SUPERVISED, BUT SPARTAN ACCEPTS NO RESPONSIBILITY FOR THEFT AND/OR DEGRADATION.

RACE DAY: STARTING PROCEDURE

WHEN YOU ARRIVE ON RACE DAY, YOU MUST FOLLOW THESE STEPS:

PLAN TO ARRIVE 1H30 BEFORE YOUR START TIME

TO TAKE THE START IN THE BEST CONDITIONS ARRIVE 1H30 EARLY, WITH YOUR MANDATORY DOCUMENTS.

FOLLOW THE SIGNS

FOLLOW THE SIGNS TO FIND THE KEY LOCATIONS IN THE SPARTAN FESTIVAL. DRIVE CAREFULLY AS YOU APPROACH THE EVENT.

PICK UP YOUR BIB

GO TO THE REGISTRATION AREA WITH ALL THE REQUIRED DOCUMENTS TO COLLECT YOUR BIB (IT'S ALWAYS RECOMMENDED TO DO IT THE DAY BEFORE TO AVOID WAITING).

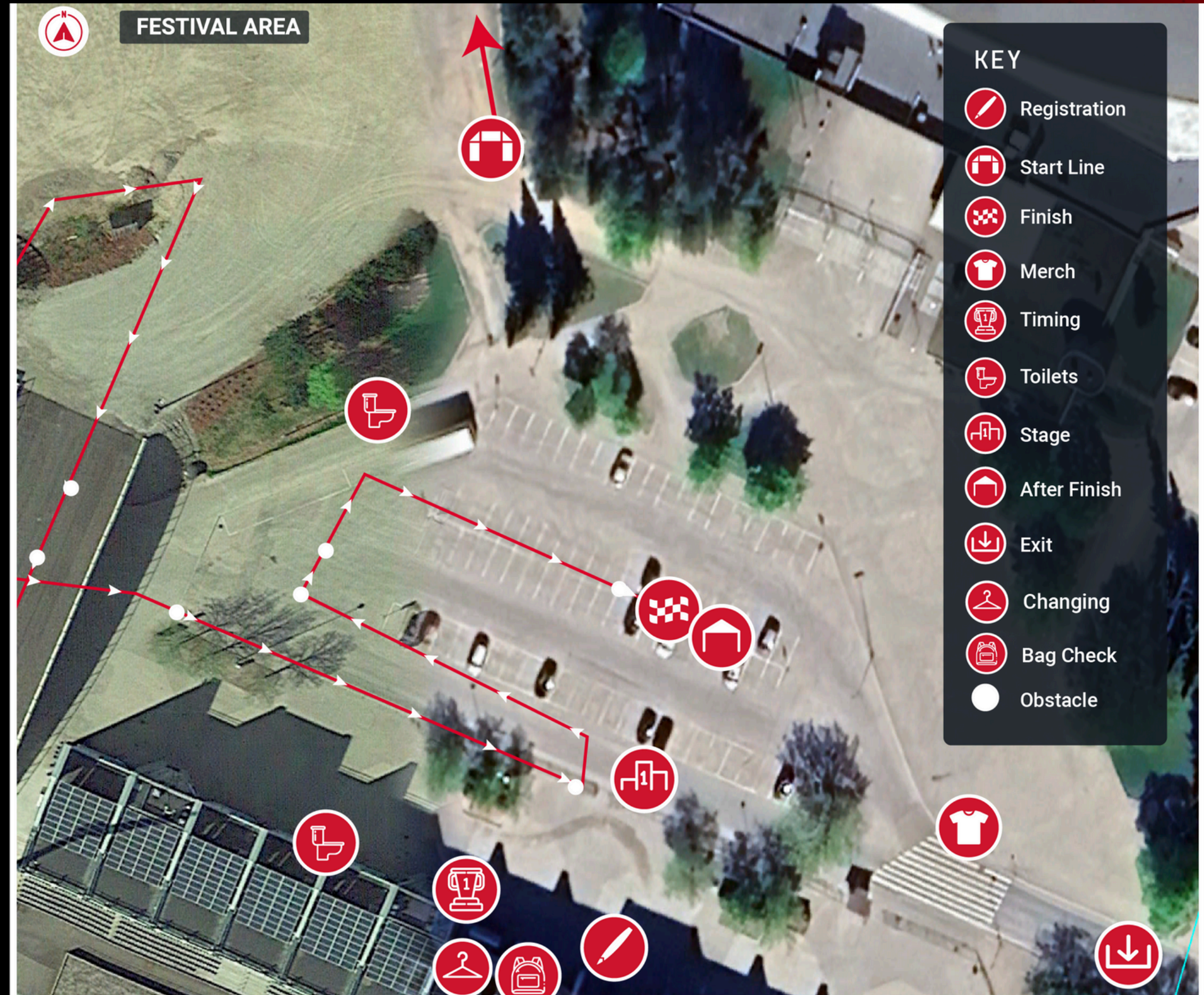
BAG CHECK & LOCKERS

YOU MAY DROP YOUR BAG AT OUR BAG CHECK AREA PRIOR TO YOUR START TIME.

GO TO THE START AREA

YOU MUST ENTER A WAITING AREA AND THEN THE START AREA ABOUT 15 MINUTES BEFORE THE START!

FESTIVAL MAP



RACE MAPS & ELEVATION - SPRINT

LAHTI SPRINT

DISTANCE
6.53KM

HIGHEST POINT
152M

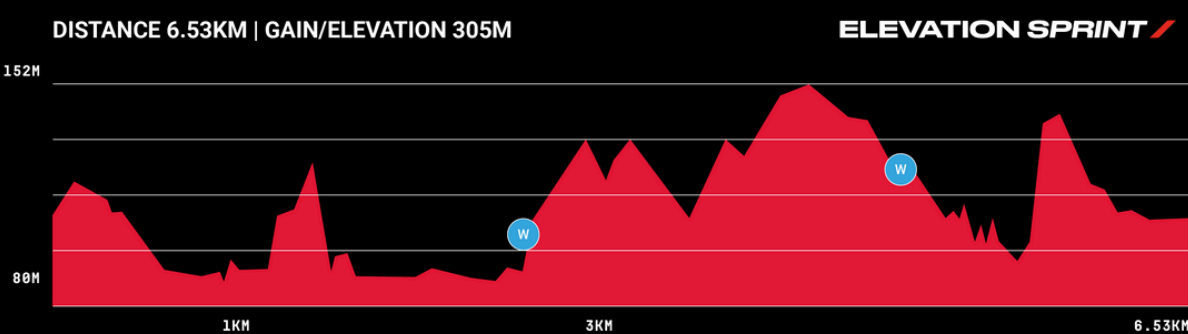
- TERRAIN


- ELEVATION


- ALTITUDE


- WEATHER

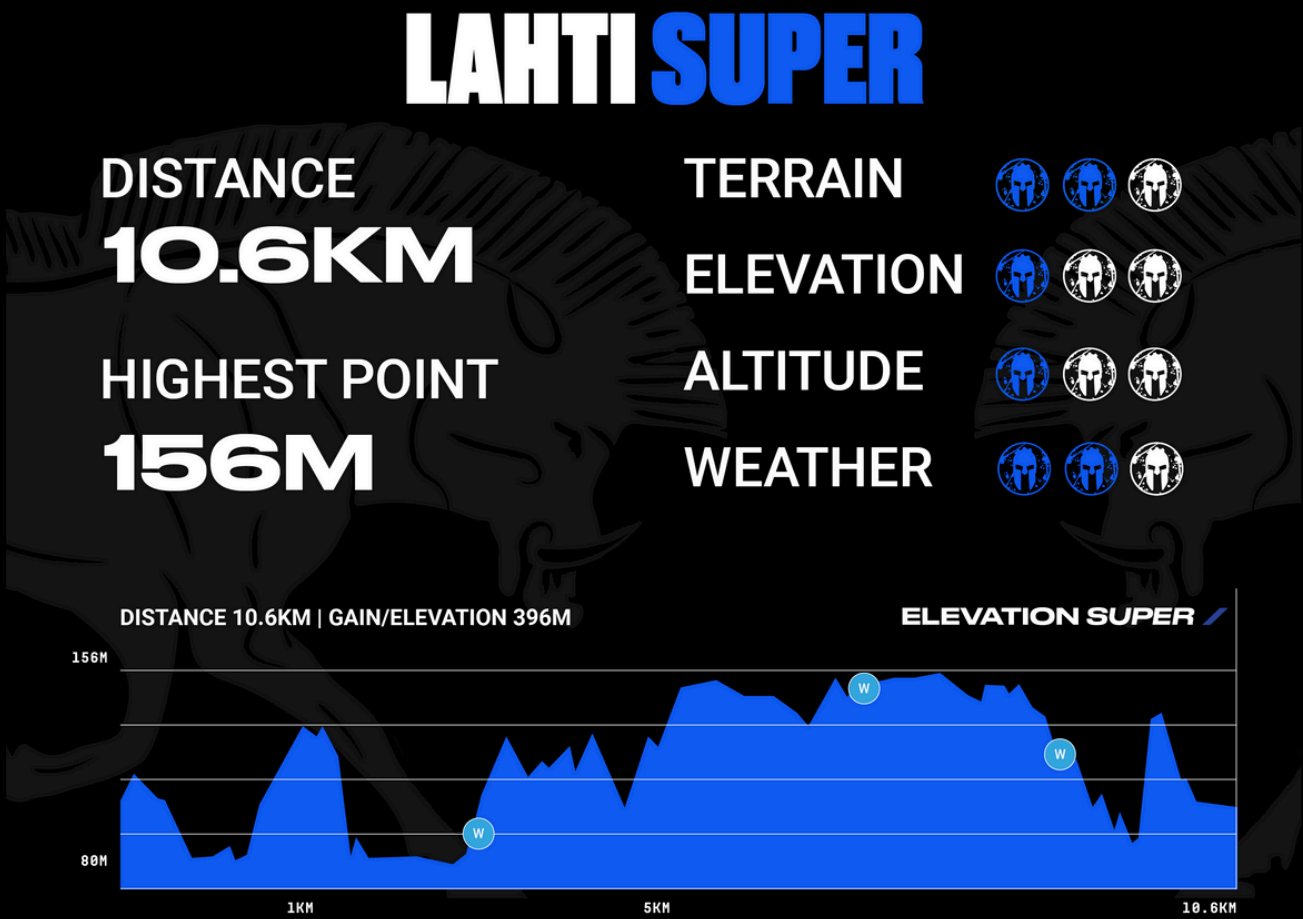




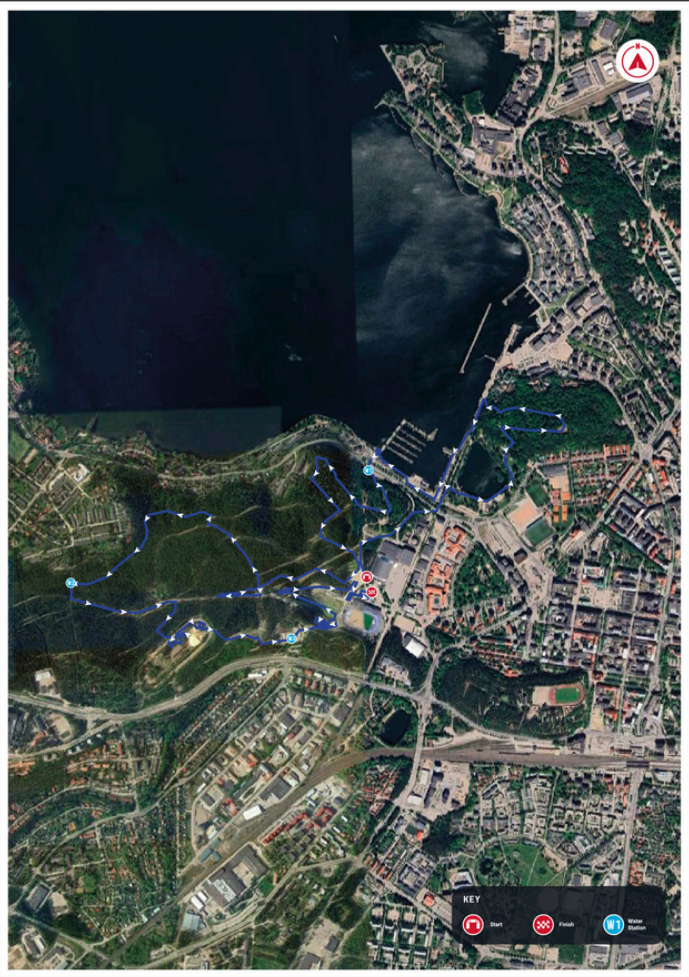
LAHTI SPRINT



RACE MAPS & ELEVATION - SUPER



LAHTI SUPER



RACE MAPS & ELEVATION - EU BEAST

LAHTI BEAST

DISTANCE
21KM

HIGHEST POINT
168M

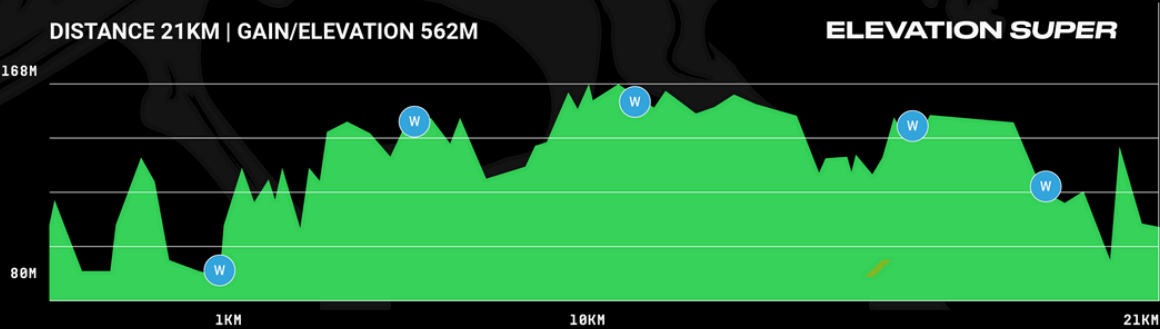
- TERRAIN


- ELEVATION

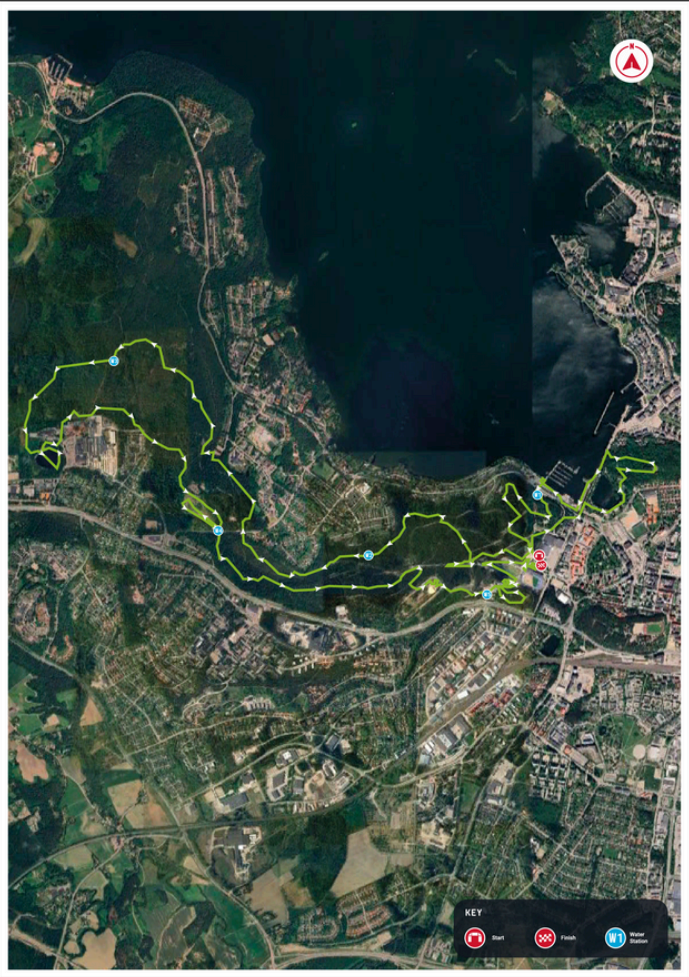

- ALTITUDE


- WEATHER





LAHTI BEAST



RULES DURING YOUR RACE

☑ **YOUR BIB MUST BE WORN VISIBLY**

WEAR YOUR BIB (THE HEADBAND) PROMINENTLY! THE NUMBER MUST BE LEGIBLE AT ALL TIMES DURING THE RACE: FOR ARBITRATION BUT ALSO SO THAT YOU CAN FIND YOUR PHOTOS AFTERWARDS.

☑ **TIMING CHIP**

WEAR YOUR CHIP ON YOUR WRIST (NOT YOUR ANKLE). IT'S MANDATORY TO START THE RACE, AND WILL BE USED TO KEEP TRACK OF TIME AND RANKINGS. REMEMBER TO RETURN IT AT THE END OF THE RACE AT THE AFTER-FINISH ZONE.

☑ **KEEP TO THE RIGHT WHEN RUNNING**

AS YOU RUN, KEEP TO THE RIGHT TO LET FASTER RUNNERS PASS. IF YOU WANT TO OVERTAKE A RUNNER, BE SURE TO WARN HIM OR HER BY SAYING "ON YOUR LEFT", FOR EXAMPLE.

☑ **RESPECT STAFF, VOLUNTEERS AND MARSHALS**

THEY ARE THERE TO HELP AND ENCOURAGE YOU, AND WE ASK YOU TO RESPECT THEM.

☑ **RESPECT THE RULES AND PENALTIES**

EACH OBSTACLE HAS ITS OWN RULES. IT IS IMPERATIVE THAT YOU READ THE OFFICIAL RULES ([HERE](#)).

COMPLAINTS CONCERNING THE RANKINGS CAN BE MADE TO THE MARSHALS' OFFICE UP TO 15 MINUTES BEFORE THE PODIUM. AFTER THIS TIME, CLAIMS CANNOT BE CONSIDERED.

AFTER-RACE: YOUR FINISHER'S TO-DO-LIST



GET YOUR MEDAL AND FINISHER T-SHIRT

ONCE YOU'VE CROSSED THE FINISH LINE, RETURN YOUR TIMING CHIP, STOP AT OUR PHOTO TENT, TAKE YOUR T-SHIRT AND MEDAL. WE WON'T SHIP OR REPLACE T-SHIRTS AFTER THE RACE: MAKE SURE YOU CHOOSE THE RIGHT SIZE!



CHECK YOUR TIMING

GO TO THE TIMING TENT WITH YOUR BIB NUMBER TO FIND OUT YOUR TIME. MAKE SURE YOU'VE HANDED IN YOUR TIMING CHIP.



GET YOUR STUFF BACK

GO TO BAG CHECK TO COLLECT YOUR BELONGINGS AND THEN TO THE CHANGING TENTS TO CHANGE. SHOWERS (COLD WATER) WILL BE AT YOUR DISPOSAL.



ENJOY THE FESTIVAL AREA

BEFORE LEAVING, ENJOY THE SPARTAN SHOP, FOOD & BEVERAGE AREA, AND ACTIVITIES ONSITE (PAYMENT BY CREDIT CARD ONLY IN FESTIVAL)



RESULTS, PHOTOS & POST-RACE SURVEY

KEEP AN EYE ON YOUR MAILBOX: A FEW HOURS AFTER YOUR RACE, YOU'LL RECEIVE LINKS TO THE FINAL RANKINGS, YOUR RACE PHOTOS AND OUR POST-RACE SURVEY.

ECO-RESPONSIBILITY ON THE EVENT

✓ GOOD PRACTICES DURING THE RACE

DO NOT ABANDON THE PATH INDICATED BY THE ORGANIZATION.
DO NOT BREAK OR HIDE THE MARKING IN PLACE.
DO NOT CROSS RIVERS OR STREAMS OUTSIDE THE PATH AUTHORIZED BY THE ORGANIZATION.
DO NOT THROW ANY WASTE OR RESIDUE INTO THE ENVIRONMENT.
DO NOT FEED LOCAL WILDLIFE.
DO NOT DAMAGE LOCAL FLORA.

ANY BREACH OF THESE RULES WILL BE PENALIZED BY DISQUALIFICATION AND IMMEDIATE RACE STOP.

WE RECOMMEND USING PUBLIC TRANSPORTATION TO ARRIVE
AND OPTING FOR WALKING, CITY BIKES, OR E-SCOOTERS FOR
GETTING AROUND THE CITY



NATION LEADERS PROGRAM



WHO ARE THEY?
THE NATION LEADERS ARE THE NATIONAL REPRESENTATIVES FOR SPARTAN EUROPEAN CHAMPIONSHIP.

THEY SHARE THEIR PASSION AND EXCITEMENT FOR THE SPARTAN RACE EXPERIENCE, HELPING TO SPREAD THE ELITE COMPETITION ATMOSPHERE.

DURING THE NATION PARADE, THEY ARE THE ONES THAT RECEIVE THEIR FLAG AND LEAD THEIR NATION!

MEET THEM ALL HERE

EU ELITES- Update 06/08/25

Adam Aldaddah	Federico Pellegrini	jLibbie Joyce	Pedro Marques
Adam Riapos	Frank Oosterom	Line Jacolino--Joly	Pedro Morgado
Albert Soley	Giulio Nulli	Lorenzo Giordano	Peter Ceniga
Alberto Lelli	Gregory Basilico	Lucie Cerna	Petteri Seppänen
Alzbeta Kubascikova	Hansueli Frei	Malene Kolnes	Reece Statham-quilty
Amanda Schneider	Helga Dorottya Borza	Marco Anelli	Renato Kuzek
Anna Junnila	Ihar Harbunou	Marek Czarnik	Richard Hynek
Anni Perl	Ines Thevenod-Mottet	Markus Takamäki	Roman Toth
Artjoms Rekunenko	Jakub Kolář	Marta Marraghini	Sami Perälä
Buca Nadia Roxana	Jamie Nunn	Martina Pavlikova	Simone Antonio Di Mauro
Camilla Depoli	Janne Suominen	Mathieu Gendre	Stefanie Habeler
Camille Salliot	Jessica Velasco ruiz	Mathieu Salaun	Stijn Lagrand
Catarina Gomes	Johan Ingemarsson	Matteo Pelizza	sven sarkkinen
Claudia Bongiovanni	Jouni Martinmäki	Matthias Graute	Teemu Heino
Daniel Buchegger	Juho Haiko	Mikael Kari	Tuomas Laaksonen
David Labrosse	Karim Lahmini	Miloš Rajičević	Ulrika Uotila
Denisa Razakova	Kevin Teitler	Modestas Gečas	Victor Lövdal
EGLE POLL	Küllli Sizask	Nikola Vuckovic	Walter Mai
Elsa Rijpstra	Lara Wieser	Nikolaj Dam	Zsuzsanna - Eva Toma - Albert
Espen Berget	Lena Weller	Pavel Hrdina	Zuzana Kocumova

EU AGE GROUP- Update 06/08/25

Abigail Reigle	Andreas Dietrich	Bernadett Sallay	Damian Kies	Drew Leavitt	Frantisek Otec
Adam Affrunti	Andreas Marth	Bernard Baran	Damiano De Michele	Echim Oleg	Franz Haider
Adam Chren	Andreas Närvä	Beth Cooper	DANEL DE VRIES LOUREIRO	Ede Dudas	Frédéric Muratet
Adam Seal	Andreas Seelhofer	Bisacchi Leonardo	Daniel Martinez Fernandez	Edoardo Vitrotti	Fredric Fine
Adam Wójcik	Andreas Wärnman	Bob Kendle	Daniel Pickering	Edvardas Simokaitis	Fritz Weiland
Agnieszka Rynkiewicz	Andrew Kay	Bradly Wagner	Daniel Ward	Edyta Grochot	Gabor Bartakovics
Alberto buono	Andrew Malcolm	Brian Embid Valderrama	Daniela Hermann	Eetu Honkanen	Gabriela Hájková
Alejandro Pareja Villar	Andrew Nunn	Brian Gallatin	Daniela Troiano	Elemer Vitkai	Gaëtan Bataille
Aleksejs Ivaškins	Andrew Ross	Brian Guy Emanuele	Danielle Blaser	Elio Sajeva	Gary Gibson
Alessandro Butti	Andrzej Tomczyk	Brian Stoning	Daphne Spreen	Emilia Petela	Gediminas Simutis
Alessandro Di Cicco	Aniko Scheed	Bruce Berryann	Daria Przybyla	emmanuel lecomte	Geno Arroyo
Alex Schnaubelt	Anna Siren	Bruno Torres	Dario Piazza	Erik Embrechts	Gerhard Jarz
Alexander Frantes	Annaliisa Pihla	Buca Nadia Roxana	David Chromý	Erik Hrnciarik	Geronimo Barde
Alexander Stahl	Annika Moersdorf	Caitlyn Affrunti	David Frosio	Erika Blindheim	Giacomo Colombo
Alexandra Molnár	Anssi Salo	Camille Eyene	David Kelly	Ernest Biedulski	Giacomo Cozzolino
Alexandra Salomon	Anthony Crochet	Caroline GADNEL	David Koch	Esa-Matti Tastula	Giampiero Pastina
Alice Balicco	Anthony Leary	Carsten Fraatz	David Nagle	Esztergomi Zsófia	Gilbert Ader
Alice Smekal	Anthony Omasson	Carsten Wagner	David Szabo	Fabiano Bugelli	Giorgia Rocchi
Alina Mononen	Anton Rantanen	Charles Sather	Davide Bufalini	Fabrizio Butti	Giulia Znoli
Alliod Magali	ANTONELLO PIO TROIANO	Chris Lemke	Davide Conti	Farakh Shahzad	Giuseppe Giavolucci
Ana Margarida Ramos	Arkadiusz Grabowiec	Christian Käfer	Dawid Wilganowicz	fascella laurent	Guilhem Codina
Fernandes	Arnau Garcia Hernandez	Christian Lindgren	De Jonckheere Stéphane	Federico Melideo	Hannes Schneebauer
Andras Juhasz-budai	Arnaud GADNEL	Christian Thirion	Denis Gacicha	Filip Wudkowski	Heidi Österåker
Andre Lindgren	Arnaud GILLES RICHARD	Christopher Smith	Denny Kasche	Florent Clavier	Heike Juetting
Andre Paans Slinger	Barbara Munoz Ibanez	Claus Gabelgaard	Diego Armando Medina Baron	Florian Kraemer	Heldur-Valdek Seeder
Andre Pearcey	Bartlomiej Szymaszek	Clémence Mérou	Diogo Silva	Florian Pfeil	Henrik Färlin
ANDREA DEMAGISTRI	Bartosz Pakulak	Constadine Gimás	Dominik Fritz	Fradika Szabó	Hiroki Kobata
Andrea Emanuele Benedetti	Ben Brubaker	Constantin Schueler	Dominik Haering	Francesco Brocanelli	Hugo Magalhães
Andrea Getuli	Beniamino Riviello	Cristian Alex Romen	Dominika Beňaková	Francois Vanderperre	Ida Backlund
Andrea Rusconi	Benjamim Medalha	Cristiano Corda	Dr. Serfőző Andrea	Frank Groenewold	Igor Derman
Andrea Van Lieshout					

EU AGE GROUP- Update 06/08/25

likka Kotaja	Jolanta Kozlova	Karol Mészáros	Ludovica Boetto	Mateusz Rynkiewicz	LNinetta Grasso
Ilkka Keränen	Jonas Ny	Karsten Mevissen	Luis Garcia	Matt Vanbenthuyssen	Noora Pinola
Inci Rotkirch	Jonathan Chapman	Katarina Stenbacka	Lukas Blindheim	Matteo Vignola	Nora Muotio
Inga Palaikiene	Jonathan Chevalier	Katerina Rylkova	Lukas Schilt	Matthew Barnes	Norman Rath
Ispan Erika	Joni Saloranta	Katharina Roth	Lukasz Gebara	Matti Lankinen	OLEG VINTU
Istvan Zsiros	Jonna Kuronen	Kevin Gillotti	Magdalena Lonek	Matti Salonen	Oliver Leu
Ivo Bures	Joona Hautala	Kim van Zwietering	Małgorzata Mętlak	Maurizio Meloni	Oriol Torró
Jaakko Virtanen	Joona Turunen	Kimmo Oksanen	Manon Mansier	Maurizio Spinosa	Paola Labarbuta
Jacek Kacperski	Jorge Tarragó Scherk	Kinga Berlován	Manuel Prikoszovich	Maxime Richard	Paola Troiano
Jakub Kmiecik	Jose Pereira Ruiz	Klaus Groessinger	Marc Rouquié	Melissa Poggi	Paolo Puccio
Jakub Kopecky	Josef Chmelar	Kristina Christensen	Marco Ravizza	Merlin Meisel	Paolo Ripamonti
Jakub Tremmel	joseph castillo	Krzysztof Gaszcz	Marco Sartori	Michael Christen	Pascal Dugay
Jan Drahnak	Joshua Kubo	Krzysztof Sarad	Marcus Madrid	Michael Lafferty	Patrícia Lorková
Jan Fiar	Jouni Turunen	Kurt Kueper	Marek Hiersch	Michael Lindgren	Patrizia Savorani
Jan Louda	Juan Alberto Oliva Ostos	Lara Tomás	Maria Strand	Michael Mikkelsen	Paul Nester
Jan Večeřa	Judit Dr. Maklári-Papp	László Düh	Mariassy Akos	Michał Kapral	Per Richter
Jani Kuukkanen	Juho Sarkila	Laura Mcelduff	Mario Trmmel	Michal Kery	Peteri GRAUEN
Janka Mokrasova	Jukka Niittykoski	Laurette Bonnot	Marisa Primavera	Michal Porebski	Petr Marholt
Jarkko Tuomaala	Julia Giehsauer	Lauri Mikkola	Mariusz Wawrzen	Michele Piardi	Petra Strykova
Jaroslav Antos	Julia Heinrich	Lenka Navratilova	Mark Gyorgy Szikszai	Michelle Fede	Philipp Kuschny
Jaroslav Gwarny	Julia Saunders	Leo Gurovich	Mark Meadows	Miroslav Polák	Pierre Nordin
Jason Vaughan	Julian Thierolf	Leonardo Troiano	Markela Bello	Monika Andělová	Pilar Cazorla Arratia
Jerome Fantin	Jürgen Loschek	Liene Allere	Marko Veidemann	Morri Francesca	Piotr Kozela
Jesper Krogh	Jüri Jahnson	Liinu Herranen	Markus Gross	Nathaniel Hang	Piotr Lipa
Jevgeni Jostin	Kai Mller	Liv Vilde Christensen	Maros Polák	Neil Beecroft	Piotr Prusak
Jiří Tremmel	Kaj Lundström	Lorraine Currie	Martin Dohnal	Nick Hoevenaar	Rafael Avila
Joao Martins	Kalle Lindblom	Luca Mazzini	Martin Gaus	Nicklas Holmkvist	Raimo Hilden
Johan Lilienberg	Kamil Chrobot	luca poletti	Martin Krcil	Nicolai Galatsan	Raluca Lungu
Johanna Dermer	Kamila Dos Santos Trindade	Luciano Cardini	Massimiliano Todaro	Nikolett Förster	Raphaela Kittler
Johanna Rutanen	Kamila Piotrowska	Lucie Dandová	Massimo Vivaldi	Nils Boehme	Rebecc henne

EU AGE GROUP- Update 06/08/25

Rebecca Cohen	Scott Baumeier	Tanja Gabelgaard	Virve Oksanen
Reinis Pauls	Sergio Bernad Loscos	Tapio Hautala	Vito Antonio Calo'
Rémi Papaix	Sergio Garcia	Tasuku Hojo	Vladimir Chwastek
Rens Van Peer	Severi Nenonen	Tauri Hainsoo	Vladimir Trusko
Richard E Holden	Shantoine Grech	Thomas Kos	Walter Ballheimer
Richard Kolkovich	Siim Verrev	Thomas Muskett	Wojciech Zadarnowski
Richard Metola	silvia pietragnoli	Thomas Vael	Yara Alves
Richard Ruml	Silvio Michel	Timotej Fujan	Yara Prinsen
Riku Sikala	Simo Lahtinen	Tina Multhaupt	Zbigniew Zych
Riku Siren	Simon Helbig	Tobias Hörmann	Zoltan Soos
Rob Mooren	Simon Kalisek	Tobias Roeder	Zygmunt Chojna
Robert Krzystyniak	Simon Novota	Tobias Söderholm	
Robert Schröter	Sonja Schrijvers	Todd Schwarz	
Robin Gador	Stefan Walter Allmeritter	Tomas Porthin	
Rodel Luka Rivera	Stefanie Dressel	Tomasz Ciaciek	
Roger Last	Stefano Bugelli	Tomasz Galbarczyk	
Roger Lyngbrant	Stephan Hammerl	Tomasz Pydzinski	
Roland Zsédely	Stephane Tchiknavorian	Tomasz Wróblewski	
Ronny Engblom	Stéphanie Imobersteg	Toni Kothmiller	
Rossana Mastrasso	Steve Biglands	Tönis Kask	
Roy DIJKMAN	Steven Jarvis	Tönis Vaikmaa	
Ruben Herraез	Stine Sloth	Torsten Balzer	
Ryan Griffin	Stuart Neail	Tudor Lucian	
Sabine Spreen	Susan spartan@lutzner.dk	Tunde Kissne Borsodi	
Salvatore Castellano	Susanna Rosenberg	Tuomas Aitasalo	
Sami Maamela	Sven Kaiser	Tuukka Rutanen	
SAMUELE VECCHI	Szczepan Brzeski	Valeria Altamura	
Sanna Jolula	Szymon Mochnacz	Velmar Piibeleht	
Sara Pozzi	Taavi Siim	Vidas Bukauskas	
Saulius Žemaitaitis	Tamara Janssen	Ville Vieri	

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Alan Garza	Carsten Giede	Heikki Häyhä	John Perus	Krista Blom	Matti Honkkila	Patrick Laplace
Aleksi Nyysönen	Charles Thomas	Henri Tiura	Jon Tolkila	Kristian Afflekt	Max Boguslaw	Patrick Ruhdorfer
Aleksi Toivonen	Chris Kervinen	Igor Prihodko	Joni Vainikainen	Krisztinan Marko	Maxime Bineau	Patrik Wagner
Alex Fomushkin	Christian Scherl	Ireneusz Robak	Joona Haavisto	Krystian Miksa	Megan Novak	Petr Santa
Alex Stathopoulos	Cristian Liberona	Jaana Wuoma	Joona Kärkkäinen	Kudlik Henrieta	Michael Lindman	Petra Barciova
Alica Gašpariková	Cristina Tutarini	Jali Juhola	Joonatan Kuosmanen	Lauri Klemettinen	Mihaela Dumitrescu	Petre Alexandru
Andrea Scapicchi	Dan Suman	Jani Kinnunen	Josefin Båskman	Lauri Raivio	Miika Forsström	Petri Marttinen
Andreas Henricson	Daniel Kernegger	Janne Karjalainen	Jouni Puhakka	Lauri Turunen	MIKAEL MAKINEN	Pier Luigi Serra
Andrei Grubianov	Darren Shakespeare	Janne Sakkinen	Juha Jokinen	Liv Vilde Christensen	Mika-Matti Heinonen	Rami Aavasalo
Andrej Hudec	Davide Bufalini	Jannika Blomvall	Juhani Lehtonen	Maaret Usvasalmi	Miki Tavast	Rasmus Tuominen
Annalisa Stoppini	Davide Venegoni	Jari Pulkkinen	Juho Karhula	Maarit Virtanen	Mikko Kasi	Rastislav Hrubý
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Anne-Sophie Lavedrine	Dina Rissanen	Jaroslav Toman	Jussi Karhula	Manu Vilden	Mikko Ruotsalainen	Regan Mommer
Anssi Kuha	Edwin Papjes	Jázmin Juhász	Jussi Uusitupa	Manuele Frau	Milan rohla	Risto Alakoski
Anton Heikkilä	Eemeli Väisänen	Jean Pierre Ganser	Kaisa Tiira Vahala	Mariane Bartlett	Miro Tolkkila	Risto Vehviläinen
Antti Lahtinen	Elias Laitala	Jelek Juhász	Kaius Kaartinen	Marieke de Koster	Mirsad Bajrami	Robert Espinoza
Antti Metsola	elizabeth wardell	Jennifer Choiniere	Karl Stagnell	Marisole Marino	Monica Thomas	Robert Gibson
Antti Niittyviita	Eric Hardy	Jennifer Sather	karla vrataric	Markus Blomvall	Monika Domes	Robin Granroth
Antti Rouhu	Erik Rybiansky	Jere Oksanen	Karol Gašparík	Markus Söderlund	Natasha Goss	Robin Nyström
Arnau Altimira Ros	Erkki Aalto	Jere Vilander	Kathleen Barnett	Maros Kudlik	Nathan Muller	Roman Dunets
Arttu Vesterinen	Ferenc Kovacs	Jimi Raivio	Kati Mäkinen	Martijn Dekker	Nestor Erlands	Roman Repovas
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Benjamin Sewell	Florian Lallemand	Jiri Pijacek	Kelly Laplace	Martin De lange	Noelle Penner	saku Jokimies
Bethany Schoenick	Gabriele Rudatis	Joakim Rasmussen	Kevin Blavier	Martin Lahtela	Nooa Donestevé	Sami Niemi
Bettina Obleser	Gediminas Rimša	Joel Harjunpää	Khaled Alkilani	Martin Pettersson	Norbert Miedza	Sami Nyström
Boris Mickovski	Gerhard Reischauer	Joelyon Morrison	Kim Jaakola	Martina Scherl	Norbertné Juhász	Samuel Salokannel
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Bryan Gray	Giulio Magnoni	Johanna Marander	Kimi Holopainen	Massimo Venegoni	Oskari Raassina	Samuli Hyttinen

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Sebastian Sjöbacka	Tomi Härkönen
Sebastian Steuer	Toni Kranttila
Senni Kuusimäki	Toni Pihkanen
Simon Bieri	Traci Koronkiewicz
Simonas Remeikis	Ulysse Ronin
Sonja Gassner	Vaida Urbanavičienė
Sophie Rosset	Valera Goman
Stefan Santavy	Valtteri Montonen
Stefan Stets	Vesa Kopra
Stefano Sola	Ville Härkö
Steve Jowdy	Ville Tiainen
Steve Kaden	Ville-Erik Näslund
Steve Snider	Vitalijus Plotnikovas
Swinda Berghoef	Will Dabovich
Szymon Marciniewicz	Yelena Dymant
Taija Jäppinen	
Tamara Grahovac	
Tamas Bagi	
Taneli Tontti	
teemu heikkinen	
Teemu Nyyssonen	
Teemu Tuovinen	
Tero Hynynen	
Thanh Do Long	
Thomas Prociuk	
Tiina Käpylä	
Tiina Niittyviita	
Todd Hanke	
Tomas Didžgalvis	



TOP 10 COUNTRIES

FINLAND
GERMANY
ITALY
AUSTRIA
UNITED KINGDOM
POLAND
NETHERLANDS
FRANCE
CZECH REPUBLIC
DENMARK

MALE VS FEMALE

MALE	65%
FEMALE	35%

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STILL

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OUR ENERGY DRINK RANGE INCLUDES BOTH CLASSIC OPTIONS AND SUGAR-FREE, FUNCTIONAL ALTERNATIVES. WHEN MAXIMUM PERFORMANCE IS THE GOAL, CHOOSE TEHO TACTICAL: A LINE OF SUGAR-FREE, HIGH-CAFFEINE ENERGY DRINKS DEVELOPED IN COLLABORATION WITH FORMER FINNISH DEFENCE FORCES OPERATORS AND ERIKOISJOUKOT TV PERSONALITIES ROBIN HENDRY AND MATIAS PETÄISTÖ.

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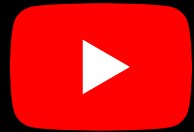
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