

Achievements:

Triathlon

2010:

- ITU European Championships 7th (long distance)
- Barcelona challenge half distance 3th
- Barcelona challenge Ironman distance 4th
- Kraichgau challenge half distance 6th
- Walchsee-Kaiserwinkl challenge half distance 5th
- Winner in Finnish Championships (Olympic distance)
- Winner in Finnish Championships (Half Ironman)

2009:

- 3th Ironman UK
- Winner in Finnish Championships (Olympic distance)
- Barcelona challenge half distance 10th
- kraichgau challenge half distance 10th

2008:

- Winner in Finnish Championships (Olympic distance)
- Winner in Finnish Championships (Half Ironman)
- ITU World cups: best places 22nd–25th

2007

- Winner in Finnish Championships (Olympic distance)
- ITU World cups: best places 22nd–30th

2006

- Winner in Finnish Championships (Olympic distance)
- ITU World cups: best places 21st–29th

2005

- Winner in Finnish Championships (Olympic distance)
- Winner in Finnish Duathlon Championships (10km/40km/5km)

2004

- Winner in Finnish Championships (1/8 distance)
- Studies in massage academy TAKK 2004-2005

2003

- Second in Finnish Championships (1/8 distance)
- ETU European cups: best places 4th–7th
- ITU World cups: best place: 9th

2002

- Winner in Finnish Championships (Olympic distance)
- Winner in Finnish Championships (1/8 distance)

2001

- ITU European Championships: 16th (Olympic distance)

2000

- Winner in Finnish Championships (Olympic distance)
- Winner in Finnish Championships (1/8 distance)
- Second in Finnish Championships (Ironman) (8h31min)
- ITU World cup: best placing 11th

Swimming

2007

- 3rd in Finnish Championships (1500m)

2003

- 4th (800m) and 5th (1500m) in Finnish Championships