

PERSONAL AND ATHLETE FACTS

NAME	Antti Tekoniemi
WEB	www.anttitekoniemi.com
DATE OF BIRTH	27.06.1982
EDUCATION	Master of Business Administration, Major: Industrial management (University of Vaasa 2008) Environmental Engineer (Vaasa polytechnic 2006)
ARCHERY CAREER	I started archery in Teuva in 1993. I began to systematically practice in 2005, and I got to the national team place in 2006. The best achievements are the European Championship bronze medal and I have represented my country in a number of major competitions
MAIN GOAL	Winner of Rio de Janeiro Olympic Games 2016 and medals of international competition
ARCHERY CLUB	Vaasan Diana-57
COACH	Juha Viitaoja (Personal coach and Head coach of Finnish Archery Association)
MANAGER	Pauli Saarnisto (+358400823313)

**BEST ACHIEVEMENTS**

INTERNATIONAL COMPETITION	INDIVIDUAL	TEAM
WORLD CHAMPIONSHIPS	Place 17 (Italy 2011) Place 25 (Turkey 2007)	Place 20 (Italy 2011) Place 27 (Turkey 2013)
EUROPEAN CHAMPIONSHIPS	Place 9 (Italy 2010) Place 17 (Poland 2013) Place 17 (Netherlands 2012)	Bronze medal (Italy 2010) Mixed Team Place 4 (Armenia 2014)
OLYMPIC TEST EVENT	Place 17 (London 2011)	Place 9 (London 2011)
UNIVERSIAD	Place 25 (Serbia 2009)	Place 9 (Serbia 2009)
WORLD CUP	Place 17 (Poland 2014)	Place 4 (China 2011)
EUROPEAN GRAND PRIX	Place 5 (2011 Turkey)	Place 7 (France 2011)

WORLD RANKING	Best place 35 (14.7.2011)
EUROPEAN RANKING	Best place 17 (1.12.2011)
FINLAND'S REPRESENTATIVE IN MAJOR COMPETITIONS	21 times

NATIONAL CHAMPIONSHIPS	Individual	Team	Total
Gold	4	9	13
Silver	5	2	7
Bronze	5	2	7
Total	14	13	27

RECORDS

Distance	Model	Results	Plaze	Date	Notice
18m	60 arrow	589	Teuva	8.3.2014	
	12 arrow	120	Oulu	25.3.2007	NR
	36 arrow	352	Oulu	25.3.2007	TNR
25m	60 arrow	586	Jyväskylä	6.1.2012	
	12 arrow	117	Kurikka	18.10.2008	NR
70m	72 arrow	662	Seinäjoki	22.6.2014	
	12 arrow	114	Antalya	14.4.2011	
FITA	Total.	1337	Jyväskylä	31.8.2014	
	90m	315	Vaasa	19.6.2010	
	70m	338	Järvenpää	21.8.2010	
	50m	339	Vaasa	19.6.2010	TNR
	30m	355	Jyväskylä	7.8.2010	

NR = National record

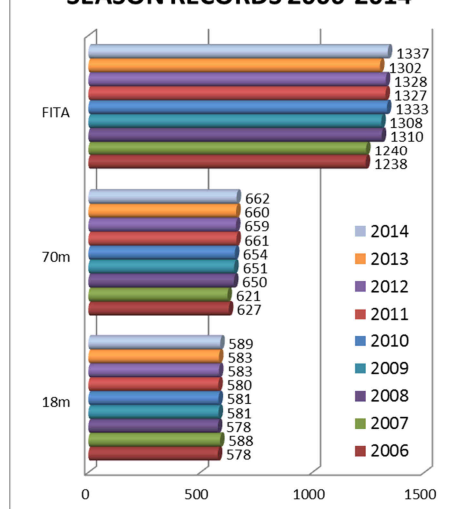
TNR = Touch on national record

HEAD GOAL

- Olympic gold medal in Rio de Janeiro
- To succeed in international competitions
- Long and successful sports career
- Acting as an example for young athletes

PRACTICE

	Amount	Annual target
Shooting exercises	5-6 times/w	275
Shot amounts	120-180	37500
Aerobic exercises	2 times/w	100
Strength exercises	2 times/w	100
Muscle maintenance	3 times/w	150

SEASON RECORDS 2006-2014**SPONSORS**