

Minttu Hukka

PROFESSIONAL TRIATHLETE

Bio

I was born to run, but decided to also learn how to swim and bike!

I am a 28-year-old Finnish triathlete, former world class junior runner, who is working towards being one of the best in the world in triathlon.

In 2020, I went all in on triathlon. I had great potential as a runner, but was tired of the constant setbacks and wanted a fresh start and a new challenge. I am extremely determined and immediately became one of the best triathletes in Finland and in my age group in the world! In 2023, I turned professional and won the Finnish middle distance national championship and started moving up in the world ranks.



I am currently a part-time exercise physiologist but striving to be a full-time athlete. My main career goal is to medal in the Ironman and Ironman 70.3 World Championships within the next 10 years, but I am still playing with the idea of trying draft legal racing and chasing the qualification for the 2028 Los Angeles Olympic Games.

I'm looking for partners to join my journey!

I have overcome a lot in my young career and feel immense gratitude for being able to compete at the highest level in my new sport. I have openly talked about my previous struggle with RED-S in hopes of helping young athletes to avoid the same mistakes I made. I want to serve as an example that it is possible to turn a corner and succeed!

Values: hard-work, determination, honesty, authenticity, gratitude. ♦ Motto: "Usko unelmiin." - "Believe in (your) dreams."

Achievements

Triathlon 2023 (PRO)

- **Finnish Champion** in Middle Distance Triathlon/Challenge Turku (Elite)
- 6th Place Ironman 70.3 Augusta (FPRO)
- 1st Place in Finntriathlon Vierumaki Olympic Distance (Elite)

Triathlon 2022 (AG)

- **Finnish Champion** in Duathlon (Elite)
- **Silver Medalist** in Sprint Triathlon Finnish Championships (Elite)
- **Bronze Medalist** in Middle Distance Finnish Championships/Challenge Turku (Elite)
- 8th Place Ironman 70.3 World Championships (AG 25-29)
- **1st (25-29)/2nd OA** Ironman 70.3 Lahti (AG)
- 7th Place Sprint Triathlon Nordic Championships (Elite)
- 1st Place in Finntriathlon Vierumaki Olympic Distance (Elite)

Running -2019

- 2x **Bronze** Finnish National Championship 3000m Steeplechase (Senior)
- ~20x **Finnish Junior National Champion**; ~30x Podium Finisher in the National Championships
- World Junior Championships 12th place
- European Junior Championships 12th place
- **Nordic Champion and Silver Medalist**
- NCAA All-American, 5x Conference Champion and 7x Conference Championships Medalist; 4x Cross-Country All-Region and 3x Track All-Region
- Finnish National Record Holder 5000m Indoor
- Finnish National Record Holder U20 3x800m Relay
- U20 European Ranking #1/World #9 2014 3000m Steeplechase

Contact Info & Social Media



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Instagram @minttuhukka

3.5K Followers

8K Average Monthly Reach



YouTube @realminttu

123 Subscribers

350 Views Per Video



X (Twitter) @minttuhukka

810 Followers



Strava @Minttu Hukka

410 Followers



LinkedIn @Minttu Hukka

261 Connections

273 Followers