This year consists of the following competitions:		
27.5	København, DEN	7th Nordic 10000m Challenge
29.6	Kauhava, FIN	38th Nordic Junior Race Walking Match
2.-3.8	Reykjavik, ISL	31st Nordic Junior Championships Combined Events
23.-24.8	Odense, DEN	54th Nordic Junior Match
9.11	Borlänge, SWE	7th Nordic Cross Country Championships

Nordic 10000 m Challenge

Østerbro, København, DEN — 27 May

Men

	Senior	27 May	
1	**Claus Bugge Hansen**	**DEN**	**29:16.63**
2	**Francis Kirwa**	**FIN**	**29:21.62**
3	**Christian Henrik Olsen**	**DEN**	**29:45.30**
4	Henrik Sandstad	NOR	29:57.36
5	Simo Wannas	FIN	30:23.12
6	Mohammed Bashir	DEN	30:23.53
7	Gustav Svedbrant	SWE	30:32.79
8	Kristian Algers	SWE	30:43.00

9 Ørjan Lunde, NOR 31:07.07, 10 Turo Inkiläinen, FIN 31:52.00, 11 Knut Erik Rame, NOR 32:02.15, Steen Walter, DEN DNF, Andreas Carlberg, SWE DNF, Flemming Bjerre, DEN DNF

Extra: Mikael Olsen, NOR 32:06.66

Women

	Senior	27 May	
1	**Dorte Vibjerg**	**DEN**	**32:43.19**
2	**Marie Söderström-Lundberg**	**SWE**	**34:15.48**
3	**Maria Söderström**	**FIN**	**34:59.35**
4	Minna Myllykoski	FIN	35:02.99
5	Jenny Widarsson	SWE	35:03.90
6	Nina Thysk Sørensen	DEN	35:14.13
7	Anna Rahm	SWE	35:16.02
8	Louise Pil Mørch	DEN	36:45.73

9 Sidsel H. Rasmussen, DEN 37:06.41, Karin Schön, SWE DNF, Malin Öhrn, SWE DNS, Siri Merete Alfheim, NOR DNS, Bente Landøy, NOR DNS

Nordic Race Walking Match (FIN-NOR-SWE only)

Kauhava, FIN — 29 Jun

This edition not a championships, match only

Men

	U23	29 Jun	10000m
1	**Sigbjørn Sandberg**	**NOR**	**44:38.66**
2	**Jørgen Linde**	**NOR**	**46:28.62**
3	**Janne Meriläinen**	**FIN**	**46:48.92**
4	Olavi Kotro	FIN	53:32.71

	U20	29 Jun	10000m
1	**Ato Ibáñez**	**SWE**	**46:36.47**
2	**Jarkko Kinnunen**	**FIN**	**47:08.46**
3	**Asko Ala-Petäys**	**FIN**	**48:34.18**

	U18	29 Jun	5000m
1	**Tommi Nurmi**	**FIN**	**23:24.58**
2	**Casper Hansson**	**DEN**	**23:59.11**
3	**Janne Havukainen**	**FIN**	**24:02.00**
4	Daniel Hermansson	SWE	25:15.49
5	Remo Ibáñez	SWE	25:42.11
6	Karsten Nilsen	NOR	30:14.45

Women

	U23	29 Jun	5000m
1	**Marja Penttinen**	**FIN**	**24:23.51**
2	**Johanna Ellefsen Rostad**	**NOR**	**24:48.98**
3	**Suvi Päällysaho**	**FIN**	**28:01.05**

	U20	29 Jun	5000m
1	**Mirke Hämäläinen**	**FIN**	**24:58.99**
2	**Marika Ojanperä**	**FIN**	**25:34.07**
3	**Inger Gudmestad**	**NOR**	**31:32.14**

	U18	29 Jun	5000m
1	**Mia Hovi**	**FIN**	**24:48.44**
2	**Emma Nilsson**	**SWE**	**25:39.67**
3	**Mari Olsson**	**SWE**	**26:10.10**
4	Kati Penttinen	FIN	26:21.91
5	Kristina Vahl	NOR	28:15.26
6	Silje Solheim	NOR	28:49.08

Points Women	Nation	Total
	FIN	84
	NOR	39
	SWE	31
	DEN	7

Nordic Junior Championships Combined Events

Laugurdalsvöllur, Reykjavik, ISL — 2-3 Aug

Men

	U23 Decathlon	2-3 Aug	
1	**Olav Røe**	**NOR**	**6.904**
2	**Johan Szabo**	**SWE**	**6.687**
3	**Christoffer Thomée**	**SWE**	**6.640**
4	Gert Skals	DEN	6.610
5	Markus Aaltonen	FIN	6.603

(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Dsicus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.50	6.57	12.56	1.93	51.62	40.14	15.89	4.10	52.06	4:46.28
	753	713	640	740	741	667	745	645	619	641
2	11.47	6.58	12.39	1.81	50.88	34.64	16.34	4.00	53.25	4:42.07
	759	716	630	636	774	556	695	617	637	667
3	12.01	6.44	12.93	1.96	53.35	36.38	16.28	4.00	53.66	4:43.68
	649	684	663	767	667	591	702	617	643	657
4	11.60	6.44	12.85	1.90	52.80	35.82	16.90	4.10	55.81	4:53.68
	732	684	658	714	690	580	635	645	675	597
5	11.72	6.33	11.77	1.87	53.03	36.00	16.38	4.20	57.20	4:47.53
	707	659	592	687	680	584	691	673	696	634

Wind: 100m: +1,3 110m hurdles: -2,3

High jump

	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99
1								o	-	o	xxo	o	xxx	
2	o	-	o	o	o	xo	xxx							
3									o	-	o	xxo	o	xxx
4						o	-	o	o	xxo	xo	xxx		
5					o	-	xo	o	xxo	xxo	xxx			

Pole vault

	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30
1			o	xo	xo	xxo	xxo	xxx	
2	o	-	o	o	xxo	xxo	xxx		
3	o	-	xo	xxo	o	xxo	xxx		
4			o	xo	xo	o	xxo	xxx	
5						xo	o	o	xxx

	Long jump			Shot put			Discus throw			Javelin throw		
1	6.17	6-57	4.74	12.56	X	X	X	38.02	40.14	50.68	50.31	52.06
	-0,4	+1,7	+1,3									
2	6.20	6.38	6.58	11.71	11.95	12.39	33.52	34.64	34.56	47.49	53.25	X
	-0,2	+2,0	+2,2									
3	6.44	X	X	11.94	12.66	12.93	36.38	X	X	48.59	53.26	53.66

	+1,6											
4	6.05	6.44	6.32	12.73	12.85	12.48	35.59	35.82	35.64	54.68	54.15	55.81
	+0,8	+1,3	+0,6									
5	5.85	6.33	X	11.77	11.72	X	X	36.00	X	54.07	55.94	57.20
	-0,5	+1,8										

U20 Decathlon 2-3 Aug

1	**Johnny Ulinder**	**SWE**	**6.535**
2	**Ville Mylläri**	**FIN**	**6.070**
3	**Fannar Gíslason**	**ISL**	**5.980**
	Gauti Ásbjörnsson	ISL	DNF
	Tin Greneby	SWE	DNF

(100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

1	11.69	6.48	12.28	1.84	49.95	35.58	16.43	3.90	42.06	4:35.99
	713	693	623	661	817	575	685	590	472	706
2	11.59	6.88	12.06	1.99	52.59	33.50	14.17	4.00	41.76	DNF
	734	785	610	794	699	534	829	617	468	0
3	11.86	5.95	11.38	1.75	52.25	28.66	16.09	3.20	56.23	4:51.62
	679	576	569	585	714	438	723	406	681	609
	12.01	NM	9.66	DNS						
	649	0	465							
	DNF	DNS								
	0									

Wind: 100m: +0,2 110m hurdles: -1,2

High jump

	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	2.02
1					o	-	-	o	xo	xxx					
2						o	o	o	o	o	xo	o	o	xo	xxx
3	o	-	o	o	o	xo	xxx								

Pole vault

	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10
1								xo	-	xo	-	xxx
2								o	o	-	o	xxx
3	o	xo	o	xxx								

	Long jump			Shot put			Discus throw			Javelin throw		
1	6.27	6.48	X	11.82	12.28	X	35.58	X	32.99	42.06	X	X
	+0,5	+1,8										
2	6.77	X	6.88	11.44	12.00	12.06	33.50	33.10	32.90	41.76	-	-
	-0,5		+0,7									
3	5.73	5.70	5.95	11.38	11.37	X	X	28.66	X	52.49	51.36	56.23
	-0,4	+1,3	+1,0									
4				9.07	9.58	9.66						

U18 Decathlon 2-3 Aug

1	**Tero Ojala**	**FIN**	**7.412**
2	**Sami Itani**	**FIN**	**7.059**
3	**Samuel Lindén**	**SWE**	**6.769**
4	Juho Mäkipä	FIN	6.606
5	Jonatan Falk	SWE	6.563
6	Christian Laugesen	DEN	6.373
	Torbjörn Sörman	SWE	DNF

(100m, Long jump, Shot put 5kg, High jump, 300m, 110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 1000m)

1	14.39	45.46	4.40	67.45	37.28	11.83	6.55	14.52	1.84	2:50.86
	679	776	731	851	803	685	709	760	661	757
2	13.41	45.23	3.70	50.08	37.01	11.58	6.60	13.94	1.90	3:02.72
	810	772	535	590	819	736	720	725	714	638
3	13.99	41.92	3.60	51.95	36.62	12.02	6.05	13.85	1.93	3:00.10
	730	704	509	617	843	647	597	719	740	663
4	13.97	40.46	4.20	58.51	40.21	12.36	6.27	13.55	1.78	3:02.65
	733	674	673	715	633	582	646	701	610	639
5	13.94	34.92	3.80	42.94	37.31	11.87	6.65	15.36	1.69	3:00.56
	737	562	562	485	801	677	732	812	536	659
6	14.24	35.72	3.20	44.44	37.20	12.06	6.42	12.36	1.81	2:47.23
	698	578	406	507	807	639	679	628	636	795
7	13.97	39.0	3.70	50.04	40.12	DNS				
	733	663	636	589	638					

Wind: 100m: -0,4 100m hurdles: +1,3

High jump

	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96
1	o	-	-	o	-	o	o	o	xo	xxx			
2										xxo	xo	xxx	
3								o	-	o	-	o	o	xxx
4				o	-	o	xo	xxx					
5	o	-	-	xxo	-	xxx							
6				xo	o	o	xo	xxo	xxx				

Pole vault

	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40
1						o	-	o	o	xo	xo	xo	xxo	o	xxx
2					o	o	o	o	xxx						
3				xo	-	o	o	xxx							
4											o	xxo	o	xxx	
5							o	-	o		xxx				
6	o	o	o	xxx											
			o	o	o	o	xxo	xo	xxx						

	Long jump			Shot put			Discus throw			Javelin throw		
1	6.10	6.32	6.55	13.50	14.52	X	44.52	45.36	45.46	62.18	67.45	65.20
	+2,9	+3,2	+3,2									
2	5.66	6.60	X	X	13.72	13.94	45.23	44.27	X	50.08	42.95	49.30
	+3,0	+2,4										
3	X	X	6.05	13.53	13.14	13.85	35.31	39.27	41.92	X	51.95	X
			+3,6									
4	5.99	6.27	X	12.57	13-23	13-55	39.46	X	40.46	58.51	57.50	58.48
	+2,7	+2,7										
5	X	X	6.65	14.80	15.36	14.63	28.80	X	34.92	X	42.94	X
			+2,8									
6	6.04	5.87	6.42	12.01	12.11	12.36	33.70	35.72	X	44.44	42.91	40.80
	+1,6	+2,6	+2,9									
							34.96	39.90	X	48.78	48.06	50.04

Women

U23 Heptathlon 2-3 Aug

1	**Sanna Saarman**	**FIN**	**5.313**
2	**Jenniina Halkoaho**	**FIN**	**4.907**
3	**Signe Vest**	**DEN**	**4.734**

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

1	14.17	1.58	12.70	25.97	5.75	38.08	2:26.62
	954	712	707	800	774	630	736
2	15.07	1.55	12.09	26.03	5.55	29.65	2:25.56
	832	678	667	795	715	470	750
3	15.67	1.70	11.58	27.88	5.10	37.10	2:33.31
	755	855	633	640	587	612	652

Wind: 100 m hurles: +0,8 200m: +2,2

High jump

	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73
1		xo	xo	xxo	xxx				
2	o	xo	o	xxx					
3			o	o	xo	xxo	xxo	xo	xxx

	Long jump			Shot put			Javelin throw		
1	5.63	5.75	X	12.70	12.18	X	36.76	38.08	34.82
	-0,3	-0,6							
2	5.24	5.55	X	12.09	10.60	11.32	X	X	29.65
	-1,0	-0,3							
3	4.87	5.10	4.99	X	11.58	X	37.10	33.47	33.81
	-0,7	+0,9	+1,3						

U20 Heptathlon 2-3 Aug

1	**Maria Barenfeld**	**SWE**	**4.965**
2	**Elisa Kirvesniemi**	**FIN**	**4.956**
3	**Kristín Birna Ólafsdóttir**	**ISL**	**4.753**
4	Tine Bach Ejlersen	DEN	4.681
5	Johanna Höglund	SWE	4.357
6	Stine Renate Simensen	NOR	3.896

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	15.19	1.58	12.52	26.72	5.36	39.19	2:29.97
	817	712	696	735	660	652	693
2	14.98	1.52	11.04	25.98	5.50	35.20	2:22.01
	844	644	598	799	700	575	796
3	15.11	1.58	10.10	26.49	5.44	31.08	2:26.03
	827	712	536	755	683	497	743
4	15.60	1.58	9.40	25.90	5.25	34.89	2:28.56
	764	712	490	806	628	570	711
5	16.62	1.64	9.78	27.08	5.10	28.16	2:30.62
	640	783	515	705	587	442	685

6 17.33 1.52 9.67 28.35 4.74 31.24 2:38.49
560 644 508 604 490 500 590
Wind: 110m hurdles:-0,7 200 m: +3,0

High jump

	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1,61	1.64	1.67
1					xo	o	o	xxx		
2	o	o	o	o	o	xxx				
3			o	o	o	o	xxo	xxx		
4			o	xo	xo	xo	xo	xxx		
5				o	-	o	xxo	Xo	xo	xxx
6		o	o	o	o	xxx				

	Long jump			Shot put			Javelin throw		
1	5.36	5.22	X	X	12.52	12.12	38.10	37.66	39.19
	-0,4	-0,4							
2	X	5.44	5.50	10.15	11.04	10.59	35.13	35.20	34.30
		-1,0	+0,4						
3	5.44	5.19	5.23	9.72	10.10	9.79	31.08	28.46	30.96
	-1,3	-0,6	+1,7						
4	4.80	5.25	5.02	9.29	X	9.40	32.35	34.58	34.89
	+1,4	+0,7	+0,9						
5	X	4.75	5.10	9.49	9.42	9.78	26.91	28.16	X
		-1,2	+0,6						
6	4.73	4.64	4.74	9.29	X	9.40	30.04	29.82	31.24
	+0,2	+0,3	+0,4						

U18 Heptathlon 2-3 Aug

1	**Terhi Ignatius**	**FIN**	**4.873**
2	**Ida Marcussen**	**NOR**	**4.842**
3	**Rikka Aro**	**FIN**	**4.767**
4	Cathrine Schimmell	DEN	4.411
5	Þóra Guðfinnsdóttir	ISL	4.307
6	Elfa Berglind Jónsdóttir	ISL	4.200
7	Þóra Kristín Pálsdóttir	ISL	4.180
8	Sofie Ström	SWE	3.672

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1 15.40 1.60 11.85 26.91 5.81 32.87 2:33.18
790 736 651 719 792 531 654
2 15.98 1.54 12.96 26.67 5.21 39.25 2:27.48
717 666 724 740 617 653 725
3 14.41 1.54 10.92 25.75 5.05 27.67 2:24.36
921 666 590 819 573 433 765
4 15.87 1.63 10.92 27.10 4.83 31.41 2:37.77
730 771 590 704 514 503 599
5 15.04 1.54 8.84 26.01 4.85 27.15 2:36.54
836 666 454 796 519 423 613
6 16.98 1.51 10.14 27.30 4.68 33.79 2:27.82
599 632 539 687 474 549 720
7 15.31 1.54 9.31 27.06 4.39 28.55 2.31.65
804 666 484 707 401 449 672
8 15.45 1.51 9.94 25.89 4.99 24.19 DNF
783 632 526 807 499 367 0
Wind: 100 m hurdles: +0,7 200m: +2,8

High jump

	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63
1					o	-	o	o	o	xo	xxo
2				o	-	o	o	xo	xxx		
3					o	o	o	o	xxx		
4							xo	o	xxo	xo	xxx
5				o	-	o	o	xo	xxx		
6	o	-	o	xo	o	xo	xo	xxx			
7			o	o	o	xo	xxo	xxo	xxx		
8			o	xo	o	o	xxo	xxx			

	Long jump			Shot put			Javelin throw		
1	5.14	5.36	5.81	11.85	11.14	X	X	32.87	X
	+1,3	+1,2	+2,8						
2	5.21	X	X	12.32	12.95	X	36.60	36.52	39.25
	+0,2								
3	5.05	5.00	4.85	10.92	10.89	X	26.90	27.67	24.12
	+1,6	+2,8	+1,6						
4	X	X	4.83	10.54	10.43	10.92	31.00	30.30	31.41
			+1,3						
5	4.45	X	4.85	8.33	7.97	8.84	22.73	24.95	27.15
	+1,7		+1,9						
6	4.59	X	4.68	10.14	9.77	10.01	X	32.01	33.79
	+1,0		+2.7						
7	4.39	X	X	8.66	8.99	9.31	28.55	22.95	25.54
	+2,2								
	4.78	2.22	4.99	9.54	9.94	9.87	22.33	X	24.19
	+1,0	+1,6	+2,5						

Nordic U20 Match & Championships

Stadion, Odense, DEN 23-24 Aug

Men

100 m 24 Aug +0,6

1	**Jonathan Åstrand**	**FIN**	**10.75**
2	**Teppo Heino**	**FIN**	**10.86**
3	**Martin Krabbe**	**DEN**	**10.95**
4	Rasmus Olofsson	SWE	11.03
5	Stefan Tärnhuvud	SWE	11.05
6	Espen Ellingsen	NOR	11.08
7	Magnús Valgeir Gíslason	ISL	11.32
8	Jonathan Bille Perez	NOR	11.39

200 m 23 aug +2,7

1	**Andreas Mokdasi**	**SWE**	**21.84**
2	**Jonathan Åstrand**	**FIN**	**21.87**
3	**Jarkko Ruostekivi**	**FIN**	**22.01**
4	Espen Ellingsen	NOR	22.36
5	Stuart Mulundo	SWE	22.37
6	Sigurkarl Gústavsson	ISL	22.58
7	Martin Krabbe	DEN	22.85
8	Kristian Skullerud	NOR	22.98

400 m 24 aug

1	**Andreas Mokdasi**	**SWE**	**47.49**
2	**Juhani Mikkola**	**FIN**	**47.82**
3	**Gustav Sewall**	**SWE**	**48.46**
4	Jakob Riis	DEN	48.82
5	Sigurkarl Gústavsson	ISL	49.69
6	Johan Nordmyr	FIN	50.22
7	Lars Jahr Røine	NOR	50.43
8	Per Lunke	NOR	50.94

800 m 23 aug

1	**Olle Walleräng**	**SWE**	**1:56.1**
2	**Mikko Lahtio**	**FIN**	**1:57.2**
3	**Jacob Carstensen**	**DEN**	**1:57.3**
4	Rami Oravakangas	FIN	1:57.7
5	Jakim Löwing	SWE	1:57.8
6	Per Lunke	NOR	1:57.9
7	Steffen Sørensen	DEN	1:58.4
8	Tord Indradavik	NOR	1:59.6

1500 m 24 Aug

1	**Olle Walleräng**	**SWE**	**3:56.86**
2	**Joachim Brøndbo**	**NOR**	**3:57.15**
3	**Niclas Sandells**	**FIN**	**3:57.17**
4	Albert Mollén	SWE	3:57.60
5	Kjetil Måkestad	NOR	3:57.69
6	Olli Päivärinta	FIN	3:59.40
7	Mohammed Bashir	DEN	3:59.62
8	Jacob Carstensen	DEN	4:15.18

5000 m 23 aug

1	**Mohammed Bashir**	**DEN**	**14:50.8**
2	**Joachim Brøndbo**	**NOR**	**14:57.9**
3	**Tomas Stave Gabrielsen**	**NOR**	**15:00.6**
4	Henri Manninen	FIN	15:29.0

5	Arto Aalto	FIN	15:38.1
6	Fredrik Johansson	SWE	15:59.2
7	Tim Kerro	SWE	16:02.3
8	Kári Steinn Karlsson	ISL	16:03.2

	***110 m hurdles** (99,1cm)*	24 Aug	+1,3
1	**Kiril Popov**	**FIN**	**14.19**
2	**Christian Sjöberg**	**SWE**	**14.25**
3	**Hans Svensson**	**SWE**	**14.29**
4	Hannu-Heikki Turunen	FIN	14.50
5	Fannar Gíslason	ISL	15.35
6	Steffen Kjønnås	NOR	15.53
7	Pål Jostad	NOR	15.83
8	Christian Laugesen	DEN	16.08

	400 m hurdles	23 aug	
1	**Juha Selänpää**	**FIN**	**53.46**
2	**Teemu Linkosaari**	**FIN**	**53.96**
3	**Niklas Larsson**	**SWE**	**54.39**
4	Henrik Encke	SWE	55.74
5	Fannar Gíslason	ISL	56.43
6	Morten Benserud	NOR	57.08
7	Andreas Bube	DEN	57.10
8	Steffen Kjønnås	NOR	58.57

	3000 m steeplechase	24 Aug	
1	**Janne Ukonmaanaho**	**FIN**	**9:12.8**
2	**Oskar Kanmert-Gustafsson**	**SWE**	**9:17.0**
3	**Thomas Stave Gabrielsen**	**NOR**	**9:23.4**
4	Magnus Jensen	SWE	9:37.4
5	Lauri Mattila	FIN	9:41.4
6	Øystein Engum Andersen	NOR	9:45.3
7	Brian Lindberg	DEN	9:51.5
8	Stefán Guðmundsson	ISL	10:00.2

	10000 m Walk	24 aug	
1	**Ato Ibáñez**	**SWE**	**48:03.39**
2	**Kalevi Jääskeläinen**	**FIN**	**49:54.78**
3	**Asko Ala-Petäys**	**FIN**	**50:58.44**
4	Casper Hansson	DEN	54:34.38
5	Viktor Johansson	SWE	54:16.00

Extra: Sibjørn Sandberg, NOR 46:58.55, Thomas Ølness, NOR 55:41.72

	High jump	23 aug	
1	**Linus Thörnblad**	**SWE**	**2.22**
2	**Thomas Bipella**	**SWE**	**2.06**
3	**Jussi Tasala**	**FIN**	**1.99**
4	Jussi Vitta	FIN	1.95
5	Bjørn-Tore Sundet	NOR	1.90
5	Martin Hæreid	NOR	1.90
7	Christian Laugesen	DEN	1.80

Series	1.80	1.85	1.90	1.95	1.99	2.03	2.06	2.09	2.12	2.18	2.22	2.27
1									o	o	o	xxx
2							xo	xxx				
3					o	-	xxx					
4				xo	xx	-	x					
5	o	o	xo	xxx								
5		o	xo	xxx								
7	xxo	xxx										

	Pole vault	24 aug	
1	**Juha-Matti Pimiä**	**FIN**	**4.91**
2	**Jesper Fritz**	**SWE**	**4.79**
3	**Olli Rannikko**	**FIN**	**4.79**
4	Johan Carlsson	SWE	4.67
5	Lars Haukohl	DEN	4.20
5	Eirik Ruud	NOR	4.20
5	Alexander Olsen	NOR	4.20
8	Gauti Ásbjörnsson	ISL	4.00

Series	3.80	4.00	4.20	4.40	4.55	4.67	4.79	4.91	5.01
1					xxo	xo	xo	o	xxx
2					xo	xo	xo	x	xx
3					o	xo	xxo	-	
4						xxo	xxx		
5			o	xxx					
5			o	xxx					
5		o	o	xxx					
8	o	xxo	xxx						

	Long jump	23 aug	
1	**Johu-Matti Pimiä**	**FIN**	**7.29**
2	**Markus Tuomela**	**FIN**	**7.20**
3	**Nicklas Wiberg**	**SWE**	**7.16**
4	Johan Carlsson	SWE	7.09
5	Pål Jostad	NOR	6.68
6	Arnór Sigmarsson	ISL	6.61
7	Sindre Almsengen	NOR	6.59
8	Christian Laugesen	DEN	6.27

Series	1	2	3	4	5	6
1	7.21	X	7.03	7.10	X	7.29
	+1,9		+1,6	+1,9		+4,0
2	X	7.00	7.08	7.05	X	7.20
		+1,4	+4,9	+2,1		+2,0
3	X	X	X	6.46	6.66	7.16
				+1,6	-0,7	+2,2
4	6.95	7.09	X	X	6.91	X
	+3,8	+2,5			+1,0	
5	X	6.36	6.24	6.57	6.68	X
		+3,3	+4,1	+1,9	+2,5	
6	6.45	6.45	6.25	6.17	X	6.61
	+1,9	+2,9	+1,8	+3,8		+1,5
7	X	X	X	6.31	X	6.59
				+4,0	+2,5	
8	X	6.10	6.09	6.15	5.84	6.27
		+5,2	+2,6	+3,8	+2,9	+3,5

	Triple jump	24 aug	
1	**Rasmus Latvala**	**FIN**	**14.76**
2	**Patrick Bagge**	**SWE**	**14.69**
3	**Sindre Almsengen**	**NOR**	**14.38**
4	Preben Slaatten	NOR	14.33
5	Perttu Noponen	FIN	14.30
6	Jimmie Johnsson	SWE	13.67
7	Jeppe Lauridsen	DEN	13.67
8	Gauti Ásbjörnsson	ISL	13.11

Series	1	2	3	4	5	6
1	X	14.22	14.57	14.76	X	X
		+1,4	+2,1	+3,0		
2	14.13	14.62	14.60	14.63	14.42	14.69
	0,0	+2,0	+1,1	+1,1	0,0	+0,8
3	14.08	14.23	X	X	X	14.38
	+0,3	0,0				+1,1
4	X	13.09	X	14.27	14.33	14.32
		+1,6		+2,9	+1,9	-1,1
5	14.30	X	14.21	X	14.21	13.93
	0,0		+0,1		+3,0	+2,3
6	13.79	13.33	13.83	13.22	13.83	X
	+1,6	+0,4	+2,5	0,0	+1,3	
7	13.67	13.51	13.49	13.27	X	X
	+2,2	+1,6	-0,7	0,0		
8	X	11.87	X	13.11	12.98	12.88
		+1,1		+2,2	0,0	0,0

	***Shot put** (6 kg)*	23 aug	
1	**Magnus Lohse**	**SWE**	**17.80**
2	**Antti Perho**	**FIN**	**17.29**
3	**Kim Christensen**	**DEN**	**17.09**
4	Jarkko Takaluoma	FIN	16.83
5	Heiðar Geirmundsson	ISL	15.50
6	Steffen Nerdal	NOR	15.24
7	Christoffer Sundin	SWE	14.59
8	Vegard Vågane	NOR	11.00

Series	1	2	3	4	5	6
1	16.30	17.80	X	X	X	17.74
2	15.95	17.22	X	17.29	17.18	X
3	16.05	X	17.09	16.94	X	16.89
4	15.99	X	16.83	X	16.50	16.74
5	X	15.29	15.50	15.30	15.15	15.11
6	14.86	15.24	X	14.75	14.61	14.54
7	14.59	14.07	X	14.19	13.83	X

8	X	10.69	X	11.00	X	X

***Discus throw** (1.75kg)* — 24 aug

1	**Ståle Ingebrigtsen**	**NOR**	**54.28**
2	**Steffen Nerdal**	**NOR**	**52.53**
3	**Kari Peltola**	**FIN**	**51.26**
4	Markus Röösgren	FIN	50.81
5	Robert Alneroth	SWE	49.76
6	Magnus Lohse	SWE	47.42
7	Tommy Lageri-Schmidt	DEN	42.28

Series	1	2	3	4	5	6
1	51.13	X	X	54.28	53.73	X
2	X	X	52.53	44.72	X	X
3	47.82	50.16	51.26	50.57	X	X
4	45.24	45.02	X	50.02	50.81	47.42
5	44.49	47.29	47.66	49.76	49.69	49.24
6	46.84	47.42	X	X	X	X
7	39.64	40.74	X	42.28	X	41.63

***Hammer throw** (6 kg)* — 23 aug

1	**Mikko Järvinen**	**FIN**	**65.87**
2	**Robert Alneroth**	**SWE**	**65.13**
3	**Ville Olmala**	**FIN**	**64.88**
4	Pär Järlebrandt	SWE	64.76
5	Begur Ingi Pétursson	ISL	59.45
6	Steffen Nerdal	NOR	57.29
7	Brian Nielsen	DEN	49.15
8	Vegard Vågane	NOR	48.31

Series	1	2	3	4	5	6
1	64.65	60.90	65.11	65.78	X	65.87
2	63.15	64.72	X	63.26	65.13	64.27
3	X	X	63.45	64.88	62.84	64.07
4	64.37	62.92	64.54	X	64.76	63.56
5	X	59.45	X	X	53.88	X
6	X	54.29	57.29	X	X	X
7	47.20	X	X	48.82	X	49.15
8	X	48.31	46.31	X	X	47.06

***Javelin throw** (800 g)* — 24 aug

1	**Teemu Wirkkala**	**FIN**	**77.69**
2	**Tero Järvenpää**	**FIN**	**76.68**
3	**Ulf Petersson**	**SWE**	**69.22**
4	Nicklas Wiberg	SWE	57.68
5	Henrik Rossel	DEN	56.71
6	Atle Fosseli	NOR	55.23
7	John Andreas Omdal	NOR	55.18
8	Fannar Gíslason	ISL	52.29

Series	1	2	3	4	5	6
1	X	76.31	77.69	76.82	X	76.26
2	73.66	75.88	X	76.68	71.09	76.39
3	63.56	63.95	63.46	X	X	69.22
4	57.68	51.81	X	50.85	X	X
5	56.41	54.51	55,38	56,71	X	55.02
6	X	55.23	X	X	X	X
7	55.18	X	X	X	X	X
8	51.53	49.80	X	49.63	49.95	52.29

4x100 m relay — 23 aug

1	**FIN**	**41.47**	(Niko Jalava, Teppo Heimo, Jonathan Åstrand, Jarkko Ruostekivi)
2	**SWE**	**41.99**	(Stefan Tärnhuvud, Gustav Sewall, Rasmus Olofsson, Stuart Mulundo)
3	**DEN/ISL**	**42.97**	(Magnús Valgeir Gíslason, Sigurkarl Gústafsson, Jonas Hansen, Martin Krabbe)
4	NOR	43.14	(Jonathan Bille Perez, Espen Ellingsen, Kristian Skullerud, Pål Jostad)

4x400 m relay — 24 Aug

1	**SWE**	**3:13.98**	(Gustav Sewall, Tobias Otterbring, Andreas Mokdasi, Nicklas Wiberg)
2	**FIN**	**3:15.85**	(Teemu Linkosaari, Johan Nordmyr, Juha Selänpää, Juhani Mikkola)
3	**DEN/ISL**	**3:21.25**	(Magnús Valgeir Gíslason, Sigurkarl Gústafsson, Mikkel Matzen, Jakob Riis)
4	NOR	3:22.92	(Lars Jahr Røine, Per Lunke, Steffen Kjønnås, Tord Indredavik)

Points Men	**Nation**	**Total**
	FIN	246
	SWE	220
	NOR	120
	DEN/ISL	104

Women

100 m — 24 aug — +1,1

1	**Frida Claesson**	**SWE**	**11.95**
2	**Daniela Lincoln- Saavedra**	**SWE**	**11.96**
3	**Elisa Hakamäki**	**FIN**	**12.13**
4	Sari Keskitalo	FIN	12.20
5	Elisabeth Slettum	NOR	12.27
6	Christina Næsheim Bjørkvik	NOR	12.33
7	Tina Brødsgaard	DEN	12.74
8	Sigurbjörg Ólafsdóttir	ISL	12.81

200 m — 23 aug — +1,1

1	**Frida Claesson**	**SWE**	**24.28**
2	**Elisabeth Slettum**	**NOR**	**24.46**
3	**Jennie Nielsson**	**SWE**	**24.58**
4	Sari Keskitalo	FIN	24.65
5	Elina Korjansalo	FIN	24.83
6	Julie Schmidt-Scherer	DEN	24.84
7	Nina Brandt	NOR	25.50
8	Hildur Kristín Stefánsdóttir	ISL	26.43

400 m — 24 aug

1	**Julie Schmidt-Scherer**	**DEN**	**54.97**
2	**Jessica Samuelsson**	**SWE**	**54.98**
3	**Elin Wiik**	**SWE**	**55.61**
4	Stine Tomb	NOR	56.69
5	Nina Brandt	NOR	57.73
6	Paula Ojanen	FIN	58.45
7	Elli-Maija Toivonen	FIN	58.64
8	Kristín Birna Ólafsdóttir	ISL	60.28

800 m — 23 Aug

1	**Elin Wiik**	**SWE**	**2:13.59**
2	**Marte Elden**	**NOR**	**2:13.79**
3	**Charlotte Schönbeck**	**SWE**	**2:14.16**
4	Liv-Miriam Nordtømme	NOR	2:14.42
5	Sanna Kaaria	FIN	2:15.02
6	Bodil Have	DEN	2:16.29
7	Paula Ojanen	FIN	2:16.30

1500 m — 24 aug

1	**Marte Elden**	**NOR**	**4:28.84**
2	**Sanna Kaaria**	**FIN**	**4:30.18**
3	**Ann Johansson**	**SWE**	**4:32.72**
4	Liv-Miriam Nordtømme	NOR	4:34.50
5	Petra Kindlund	SWE	4:36.72
6	Laura Skyttä	FIN	4:42.13
7	Nicoline Berg Hansen	DEN	4:47.64

3000 m — 23 aug

1	**Jonna Välimaa**	**FIN**	**10:06.55**
2	**Laura Skyttä**	**FIN**	**10:11.34**
3	**Kari-Anne Myhre**	**NOR**	**10:12.31**
4	Nicoline Berg Hansen	DEN	10:26.11
5	Kim Blomkvist	SWE	10:32.01
6	Emma Lundgren	SWE	10:40.16
	Kristine Vandbakk	NOR	DNF

100 m hurdles — 24 Aug — +1,4

1	**Daniela Lincoln-Saavedra**	**SWE**	**13.77**

2	**Jennie Nielsson**	**SWE**	**13.81**
3	**Elisa Hakamäki**	**FIN**	**13.93**
4	Martta Lappänen	FIN	14.08
5	Thale Glomsrød	NOR	14.23
6	Silje Pettersen	NOR	14.90
7	Tine Bach Ejlersen	DEN	15.04
8	Bryndís Eva Óskarsdóttir	ISL	15.08

400 m hurdles *(76,2 cm)* 23 aug

1	**Nuulu Ndiwabene**	**SWE**	**60.10**
2	**Jessica Samuelsson**	**SWE**	**61.23**
3	**Elli-Maija Toivonen**	**FIN**	**62.12**
4	Christine Næsheim Bjørkvik	NOR	62.27
5	Elisa Kirvesniemi	FIN	62.95
6	Anna Møller Eskildsen	DEN	64.85
7	Ingrid Magnus	NOR	65.00
8	Kristín Birna Ólafsdóttir	ISL	69.17

2000 m steeplechase *(76,2 cm)* 24 aug

1	**Jonna Välimaa**	**FIN**	**6:51.27**
2	**Anna Holst**	**SWE**	**7:06.42**
3	**Mari Arnesen**	**NOR**	**7:17.00**
4	Riita Paasio	FIN	7:19.47
5	Kristin Mäkele	SWE	7:26.90
6	Kine Hallan Steiwer	NOR	7:34.91

5000 m walk 24 aug

1	**Mirke Hämäläinen**	**FIN**	**25:18.04**
2	**Niina Viinikka**	**FIN**	**25:44.67**
3	**Emma Nielsson**	**SWE**	**25:51.87**
4	Mari Olsson	SWE	27:15.40
5	Silje Solheim	NOR	30:07.68
6	Kristina Vahl	NOR	30:57.50

High jump 24 aug

1	**Emma Green**	**SWE**	**1.77**
2	**Jonna Anias**	**FIN**	**1.74**
3	**Cecilia Axelsson**	**SWE**	**1.67**
4	Stine Kufaas	NOR	1.67
5	Marika Salmi	FIN	1.67
6	Thale Glomsrød	NOR	1.67
7	Íris Svavarsdóttir	ISL	1.58
8	Cathrine Schimmell	DEN	1.58

Series	1.53	1.58	1.63	1.67	1.71	1.74	1.77	1.81
1					o	o	xo	xxx
2			o	o	o	xo	xxx	
3			o	o	xxx			
4			o	xo	xxx			
5	o	o	o	xxo	xxx			
6		xo	o	xxo	xxx			
7		xo	xxx					
8	o	xxo	xxx					

Pole vault 23 aug

1	**Ida Glemne**	**SWE**	**3.56**
2	**Sanne Bergh**	**DEN**	**3.46**
3	**Maria Brunberg**	**FIN**	**3.31**
3	Lotta Hultin	SWE	3.31
5	Kerttu Viitamäki	FIN	3.31
6	Fanney Björk Tryggvadóttir	ISL	3.31
7	Trude Martinsen	NOR	2.96
8	Cathrine Larsåsen	NOR	2.76

Series	2.56	2.76	2.96	3.16	3.31	3.46	3.56	3.66
1				o	xxo	xxo	o	xxx
2			o	o	xxo	o	xxx	
3				o	o	xxx		
4				o	o	xxx		
5				xo	o	xxx		
6				o	xo	xxx		
7	o	xo	o	xxx				
8	xo	o	xxx					

Long jump 23 aug

1	**Daniela Lincoln-Saavedra**	**SWE**	**6.38**
2	**Margrethe Renstrøm**	**NOR**	**6.10**
3	**Pia Wikstedt**	**FIN**	**6.02**
4	Suvi Kattilakoski	FIN	5.97
5	Pernilla Tornemark	SWE	5.62
6	Julie Flensborg Madsen	DEN	5.47
7	Sigurbjörg Ólafsdóttir	ISL	5.46
8	Vibecke Brun	NOR	5.41

Series	1	2	3	4	5	6
1	X	X	6.04	6.38	X	6.15
			+1,8	+3,1		+1,3
2	5.66	6.04	5.97	6.10	X	X
	-0,4	+1,3	+1,1	+1,9		
3	X	5.74	5.86	6.02	X	X
		-0,7	+1,5	+1,8		
4	5.97	5.94	5.95	5.96	5.81	X
	+1,9	+3,1	+5,4	+1,9	+1,8	
5	5.47	5.48	X	X	X	5.62
	+1,6	+1,9				+1,8
6	5.47	5.35	X	X	X	X
	+1,7	+2,7				
7	X	X	X	X	5,46	X
					+2,4	
8	X	5.10	X	X	X	5.41
		+2,7				+1,8

Triple jump 24 aug

1	**Mfon Etim**	**SWE**	**13.10**
2	**Madelen Nylander**	**SWE**	**12.27**
3	**Irina Pekkola**	**FIN**	**12.23**
4	Sofi Fagerholm	FIN	12.21
5	Vibecke Brun	NOR	11.93
6	Margrethe Renstrøm	NOR	11.91
7	Sabrina Cordua	DEN	11.69
8	Bryndís Eva Óskarsdóttir	ISL	11.45

Series	1	2	3	4	5	6
1	X	13.10	12.72	X	12.52	13.03
		+1,0	+0,4		+2,6	+1,8
2	X	X	X	X	12.26	12.27
					+1,6	+2,0
3	11.49	11.60	12.23	X	12.04	12.22
	+0,7	+0,7	+1,7		+1,6	+1,0
4	X	X	X	11.82	12,21	X
				+1,5	+1,8	
5	X	X	11.77	11.56	11.93	11.86
			+1,3	0,0	+2,0	+0,6
6	X	X	X	X	X	11.91
						+1,3
7	X	X	11.69	X	X	X
			+0,7			
8	11.45	11.34	11.37	X	11.13	11.04
	0,0	+1,1	+0,6		+1,7	+1,1

Shot put 24 aug

1	**Hennariika Järvinen**	**FIN**	**13.85**
2	**Suvi Helin**	**FIN**	**12.95**
3	**Mikaela Johansson**	**SWE**	**12.87**
4	Marie Barenfeld	SWE	12.84
5	Ásdís Hjálmsdóttir	ISL	12.35
6	Charlotte Lund Abrahamsen	NOR	11.49
7	Jane Lindved	DEN	10.57
8	Hilde Marie Sæverud	NOR	9.49

Series	1	2	3	4	5	6
1	13.85	13.67	X	13.60	12.23	13.49
2	X	12.42	X	11.89	12.95	X
3	12.87	12.29	12.62	X	X	12.73
4	12.46	12.84	12.55	12.49	12.26	12.15
5	11.97	X	12.07	12.27	12.35	X
6	X	10.51	10.39	11.36	11.49	X
7	10.07	X	10.18	X	10.57	10.04
8	9.36	X	9.49	X	X	X

Discus throw 23 aug

1	**Hennariika Järvinen**	**FIN**	**46.51**
2	**Cathrine Boman**	**FIN**	**44.78**

3	Ásdís Hjálmsdóttir	**ISL**	**43.48**
4	Caroline Höglund	SWE	43.23
5	Sara Wikström	SWE	42.06
6	Hallbera Eiríksdóttir	ISL	37.71
7	Hanne Johannessen	NOR	36.87
8	Benedicte Øvrebø	NOR	35.20

Series	1	2	3	4	5	6
1	44.84	46.51	42.34	X	X	X
2	44.78	42.54	X	44.04	44.77	43.82
3	43.02	42.00	X	43.48	43.23	43.02
4	41.45	43.23	X	40.67	41.81	38.62
5	41.31	40.45	X	X	42.06	X
6	35.42	31.01	37.71	X	34.89	X
7	35.55	X	35.24	36.87	X	X
8	X	X	34.48	X	35.20	X

Hammer throw 24 aug

1	**Hannele Kuutti**	**FIN**	**57.06**
2	**Tracey Andersson**	**SWE**	**55.96**
3	**Emma Johannesson**	**SWE**	**52.04**
4	Heidi Mahlanen	FIN	50.72
5	Hilde Marie Sæverud	NOR	42.22
6	Stine Densam	DEN	41.16
7	Hallbera Eiríksdóttir	ISL	35.97
	Hanne Johannesson	NOR	NM

Series	1	2	3	4	5	6
1	54.03	57.06	X	X	55.65	56.38
2	52.48	52.78	55.96	X	55.79	55.76
3	47.91	49.02	50.78	52.04	X	50.13
4	49.32	50.29	50.56	X	X	50.72
5	42.22	X	41.57	X	X	X
6	39.66	41.16	X	X	X	X
7	33.14	35.09	32.12	33.37	35.97	X
8	X	X	X	X	X	X

Javelin throw 23 aug

1	**Pauliina Paunu**	**FIN**	**47.92**
2	**Pauliina Laamanen**	**FIN**	**47.65**
3	**Sigrún Fjeldsted Sveinsdóttir**	**ISL**	**47.55**
4	Karianne Olsen	NOR	43.78
5	Marie Lindeberg	NOR	43.35
6	Elisabeth Onana	DEN	42.65
7	Elinor Holgersson	SWE	41.74
8	Marléne Lindström	SWE	40.33

Series	1	2	3	4	5	6
1	47.56	47.86	X	46.67	47.92	44.64
2	46.58	47.65	X	44.40	45.53	44.85
3	44.75	X	X	47.55	44.29	45.63
4	40.82	42.77	43.78	X	40.90	39.58
5	X	40.55	X	40.65	43.35	40.45
6	38.54	42.65	X	X	X	38.64
7	36.05	40.10	37.98	X	X	41.74
8	X	39.62	38.61	40.33	39.37	37.94

	4x100 m relay	23 aug	
1	**SWE**	**46.31**	(Annika Andersson, Jennie Nielsson, Daniela Lincoln-Saavedra, Frida Claesson)
2	**FIN**	**46.58**	(Pia Wikstedt, Ella Korjansalo, Sari Keskitalo, Elisa Hakamäki)
3	**DEN/ISL**	**49.12**	(Julie Schmidt-Scherer, Tina Brødsgaard, Hildur Kristin Stefansdóttir, Sigurbjörg Ólafsdóttir)
4	NOR	DQ	(Thea Oppegaard, Elisabeth Slettum, Christine Næsheim Bjørkvik, Marie Hagle)

	4x400 m relay	24 Aug	
1	**SWE**	**3:42.23**	(Nuulu Ndiwabene, Charlotte Schönbeck, Elin Wiik, Jessica Samuelsson)
2	**NOR**	**3:46.97**	(Christine Næsheim Bjørkvik, Elisabeth Slettum, Nina Brandt, Stine Tomb)
3	**FIN**	**3:50.78**	(Elisa Kirvesniemi, Paula Ojanen, Elina Korjansalo, Elli-Maija Toivonen)
4	DEN/ISL	3:59.64	(Julie Schmidt-Scherer, Hildur Kristin Stefansdóttir, Kristín Birna Ólafsdóttir, Bodil Have)

Points Women	**Nation**	**Total**
	SWE	238,5
	FIN	220,5
	NOR	138
	DEN/ISL	88

Nordic Cross Country Championships

Borlänge, SWE — 9 Nov

Men

	Senior	9 Nov	9,6 km
1	**Samuli Vasala**	**FIN**	**28:45**
2	**Mustafa Mohamed**	**SWE**	**29:03**
3	**Claes Nyberg**	**SWE**	**29:04**
4	Erik Sjöqvist	SWE	29:06
5	Simo Wannas	FIN	29:32
6	Kristian Algers	SWE	29:33
7	Steen Walter	DEN	29:40
8	Henrik Skoog	SWE	29:58

9 Ingemund Askeland, NOR 29:59, 10 Endre Evensen, NOR 30:23, 11 Mats Granström, SWE 30:24, 12 Roy Kaldheim, NOR 30:32, 13 Juha Hellstén, FIN 30:42, 14 Mårten Boström, FIN 30:45, 15 Sonni Thelmark, DEN 30:51, 16 Knut Aalien, NOR 30:53, 17 Jari Matinlauri, FIN 31:11, 18 Kent Sørensen, DEN 31:12, 19 Jeppe Thomsen, DEN 31:48, 20 Andreas Carlberg, SWE 32:10

Teams:

1 SWE 15p (Mustafa Mohamed, Claes Nyberg, Erik Sjöqvist, Kristian Algers
2 FIN 31p (Samuli Vasala, Simo Wannas, Juha Hellstén, Mårten Boström)
3 NOR 45p (Ingemund Askeland, Endre Evensen, Rpy Kaldheim, Knut Aalien)
4 DEN 56p (Steen Walter, Sonni Thelmark, Kent Sørensen, Jeppe Thomsen)

	U20	9 Nov	6,4 km
1	**Tuomas Jokinen**	**FIN**	**20:23**
2	**Mohammed Bashir**	**DEN**	**20:24**
3	**Martin Johansson**	**SWE**	**20:33**
4	Juha Puttonen	FIN	20:33
5	Morten Munkholm	DEN	20:34
6	Joonas Harjamäki	FIN	20:37
7	Ulrik Heitman	DEN	20:37
8	Thomas Stave Gabrielsen	NOR	20:38

9 Lars Johansson, SWE 20:43, 10 Henri Manninen, FIN 21:02, 11 Pål Kvinge, NOR 21:05, 12 Christian Bjørge, NOR 21:42, 13 David Nilsson, SWE 21:58, 14 Asle Tjelta, NOR 22:11, 15 Mhretu Dessalegn, NOR 24.07

Teams:

1 FIN 11p (Tuomas Jokinen, Juha Puttonen, Joonas Harjamäki)
2 DEN 14p (Mohammed Bashir, Morten Munkholm, Ulrik Heitman)
3 SWE 25p (Martin Johansson, Lars Johansson, David Nilsson)
4 NOR 31p (Thomas Stave Gabrielsen, Pål Kvinge, Christian Bjørge)

Women

	Senior	9 Nov	4,8 km
1	**Ulla Tuimala**	**FIN**	**16:31**
2	**Dorte Vibjerg**	**DEN**	**16:39**
3	**Runa Bolstad**	**NOR**	**16:40**
4	Jenny Johannesson	SWE	16:46
5	Hanna Karlsson	SWE	16:48
6	Jarolina Arewång Höjsgaard	SWE	16:50
7	Lisa Blommé	SWE	16:54
8	Linda Ström	SWE	16.56

9 Maria Söderström, FIN 17:04, 10 Anette Björkgård, FIN 17:11, 11 Anna von Schenk, SWE 17:17, 12 Anne Jørgensen, DEN 17:25, 13 Tina Poulsen, DEN 18:15, 14 Tonje Sekse, NOR 18:35

Teams:

1 SWE 15p (Jenny Johannesson, Janna Karlsson, Karolina Arewång Höjsgaard)
2 FIN 18p (Ulla Tuimala, Maria Söderström, Anette Björkgård)
3 DEN 25p (Dorte Vibjerg, Anne Jørgensen, Tina Poulsen)

	U20	9 Nov	4,8 km
1	**Anna Holm Jørgensen**	**DEN**	**17:20**
2	**Jonna Välimaa**	**FIN**	**17:33**
3	**Kari-Anne Myhre**	**NOR**	**17:44**

4	Ingrid Vikman	SWE	17:50
5	Laura Skyttä	FIN	17:52
6	Pia Marie Eikås	NOR	18:03
7	Bodil Have	DEN	18:03
8	Kim Blomkvist	SWE	18:12

9 Saara Skyttä, FIN 18:17, 10 Petra Kindlund, SWE 18:42, 11 Mariam Berg Hovda, NOR 18:57, 12 Laura Salminen, FIN 19:05, 13 Emma Lundgren, SWE 19:06, 14 Johanne Strömberg, SWE 19:08, 15 Nicoline Hansen, DEN 19:30

Teams:

1 FIN 16p (Jonna Välimaa, Laura Skyttä, Saara Skyttä)
2 NOR 20p (Kari Anne Myhre, Pia Maria Eikås, Mariam Berg Hovda)
3 SWE 22p (Ingrid Wikman, Kim Blomkvist, Petra Kindlund)
4 DEN 23p (Anna Holm Jørgensen, Bodil Have, Nicoline Hansen)