

This year consists of the following competitions:

9.2	Helsinki, FIN	10 th Nordic Indoor Match
	Cancelled	47 th Nordic Junior Championships Combined Events
	Cancelled	11 th Nordic-Baltic U23 Championships
	Cancelled	16 th Nordic U20 Match & Championships
	Cancelled	25 th Nordic Cross Country Championships

Nordic Indoor Match

Liikuntamyylly, Helsinki, FIN 9 Feb

Men

60 m				9 feb
1	Henrik Larsson	SWE	6.74	
2	Samuel Purolo	FIN	6.79	
3	Emmanuel Dawson	SWE	6.81	
4	Even Meinseth	NOR	6.87	
5	Ville Myllymäki	FIN	6.88	
6	Fredrik Schou Nielsen	DEN/ISL	6.91	
7	Simon Hansen	DEN/ISL	6.92	
8	Mathias Hove Johansen	NOR	6.97	

200 m				9 feb
Heat				
1	2			
1	1	Mathias Hove Johansen	NOR	21.27
2	1	Erik Annerfalk	SWE	21.51
3	2	Roope Saarinen	FIN	21.52
4	2	Ville Aarnivala	FIN	21.86
5	3	Emil Johansson	SWE	21.96
6	4	Ari Bragi Karason	DEN/ISL	22.04
7	3	Kasper Andersson	DEN/ISL	22.38
	X	Filip Bøe	NOR	DQ

400 m				9 feb
Heat				
1	2			
1	1	Carl Bengtström	SWE	47.31
2	1	Erik Back	FIN	48.05
3	2	Fredrik Øvereng	NOR	48.16
4	2	Nick Ekelund-Arenander	SWE	48.29
5	3	Gustav Lundholm Nielsen	DEN/ISL	48.37
6	4	Jørgen Kåshagen	NOR	48.73
7	3	Kormákur Ari Hafliðason	DEN/ISL	48.77
8	4	Filip Johansson	FIN	48.79

800 m				9 feb
1	Joakim Andersson	SWE	1:48.38	
2	Andreas Bube	DEN/ISL	1:48.73	
3	Didrik Hexeberg Warlo	NOR	1:49.64	
4	Felix Francios	SWE	1:50.17	
5	Sigurd Tveit	NOR	1:50.52	
6	Niko Viljola	FIN	1:52.39	
7	Christoffer Frost-Jensen Johansen	DEN/ISL	1:52.65	
8	Eelis Uitto	FIN	1:53.26	

Extra: Ville Lampinen, FIN DNF

1500 m				9 feb
1	Narve Gilje Nordås	NOR	3:45.03	
2	Joonas Rinne	FIN	3:45.20	
3	Mikkel Dahl-Jessen	DEN/ISL	3:45.84	
4	Robin Rohlén	SWE	3:46.26	
5	Marius Øyre Vedvik	NOR	3:47.19	
6	Suldan Hassan	SWE	3:47.39	
7	Mikael Johnsen	DEN/ISL	3:52.23	

8	Tuomo Salonen	FIN	3:54.08
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Extra: Panu Jantunen, FIN DNF

3000 m				9 feb
1	Simon Sundström	SWE	8:01.07	
2	Hlynur Andresson	DEN/ISL	8:01.20	
3	Per Svela	NOR	8:02.35	
4	Bjørnar Sandnes Lillefosse	NOR	8:06.07	
5	Jakob Dybdal Abrahamsen	DEN/ISL	8:08.57	
6	Jonatan Fridolfsson	SWE	8:09.10	
7	Eero Saleva	FIN	8:12.10	
8	Arttu Vattulainen	FIN	8:17.14	

Extra: Hannu Granberg, FIN DNF

60 m hurdles				9 feb
Heat				
1	2			
1	1	Max Hrelja	SWE	7.87
2	1	Jonathan Holm	SWE	8.03
3	2	Ilari Manninen	FIN	8.13
4	2	Viktor Kantele	FIN	8.14
5	3	Sebastian Sund Frandsen	DEN/ISL	8.49
6	4	Carl Erik Hjellestad Landsvik	NOR	8.50
7	3	Håvard Becker	NOR	8.54
8	4	Jonas N. Bjerremund	DEN/ISL	8.70

High jump				9 feb
1	Melwin Lycke-Holm	SWE	2.13	
=2	Arttu Mattila	FIN	2.11	
=2	Kristján Viggo Sigfinnsson	DEN/ISL	2.11	
4	Toralv Opsal	NOR	2.08	
5	Daniel Kosonen	FIN	2.00	
6	Mads Moos Larsen	DEN/ISL	2.00	
=7	Oskar Lundqvist	SWE	1.95	
=7	Vetle Raa Ellingsen	NOR	1.95	

Series	1.90	1.95	2.00	2.05	2.08	2.11	2.13	2.22
1								
=2								
=2								
4								
5								
6								
=7								
=7								

Pole vault				9 feb
1	Mikko Paavola	FIN	5.30	
=2	Eirik Dolve	NOR	5.30	
=2	Pål Haugen Lillefosse	NOR	5.30	
4	Tommi Holttinen	FIN	5.20	
5	Robin Jacobsson	SWE	5.10	
=6	Rasmus Jørgensen	DEN/ISL	5.00	
=6	Simon Thor	SWE	5.00	
8	Mikkel Ringsted	DEN/ISL	4.70	

Series	4.70	4.90	5.00	5.10	5.20	5.30	5.40	5.50
1								
=2								
=2								
4								
5								
=6								
=6								
8								

Long jump		9 feb	
1	Thobias Montler	SWE	7.90
2	Sebastian Ree Pedersen	DEN/ISL	7.50
3	Andreas Trajkovski	DEN/ISL	7.46
4	Henrik Flåtnes	NOR	7.46
5	Topias Koukkula	FIN	7.44
6	Ingar Kiplesund	NOR	7.39
7	Andreas Karlsson	SWE	7.30
8	Pyry Keränen	FIN	7.12

Series	1	2	3	4	5	6
1	7.58	7.72	7.87	7.74	7.82	7.90
2	7.20	7.26	7.39	7.50	7.44	X
3	7.33	7.46	6.71	7.37	7.33	X
4	6.82	7.25	X	7.36	7.09	7.46
5	7.04	7.27	7.44	7.22	7.22	7.38
6	X	X	7.39	X	X	X
7	6.93	7.30	X	7.15	X	X
8	6.09	7.12	6.70	7.03	X	6.87

Triple jump		9 feb	
1	Simo Lipsanen	FIN	16.36
2	Erik ehrlin	SWE	15.60
3	Tuomas Kaukolahti	FIN	15.53
4	Gustaf Bålström	SWE	15.34
5	Jannick Bagge	DEN/ISL	15.02
6	Marius Bull Hjeltnes	NOR	14.81
7	Sondre Vie Ytrearne	NOR	14.79
8	Peder P. Nielsen	DEN/ISL	14.54

Series	1	2	3	4	5	6
1	15.63	X	16.36	13.85	X	X
2	15.19	15.68	X	-	X	X
3	X	15.15	15.18	15.47	15.53	15.48
4	15.24	X	15.34	15.15	13.60	15.29
5	14.51	14.96	X	15.02	X	X
6	X	14.30	X	X	14.37	14.81
7	14.13	14.26	X	14.61	14.41	14.79
8	14.54	X	14.30	r		

Shot put		9 feb	
1	Marcus Thomsen	NOR	20.67
2	Jesper Arbinge	SWE	18.59
3	Guðni Valur Guðnason	DEN/ISL	18.31
4	Arttu Kangas	FIN	18.15
5	Gabriel Heen	SWE	18.04
6	Mikko Toiviainen	FIN	17.56
7	Casper Jørgensen	DEN/ISL	16.94
8	Sondre Alexander Høyland	NOR	14.09

Series	1	2	3	4	5	6
1	20.67	20.20	20.27	19.99	19.69	19.47
2	17.59	X	17.89	X	18.16	X
3	17.63	17.79	18.16	17.94	18.31	X
4	17.47	17.92	X	X	18.15	X
5	17.61	17.44	17.48	17.93	17.29	18.04
6	X	16.59	17.01	X	17.56	X
7	16.66	16.94	X	X	X	X
8	13.27	13.52	X	13.60	13.92	14.09

Points Men	Nation	Total
	SWE	141
	FIN	108
	NOR	105,5
	DEN/ISL	88,5

Women

60 m		9 feb	
1	Lotta Kempainen	FIN	7.33
2	Mathilde U. Kramer	DEN/ISL	7.39
3	Astrid Glenner Frandsen	DEN/ISL	7.41
4	Elin Östlund	SWE	7.50
5	Filippa Sivert	SWE	7.51
6	Henriette Jæger	NOR	7.52
7	Vilde Humstad Aasmo	NOR	7.60

8	Johanna Kylmänen	FIN	7.60
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200 m

Heat		9 feb	
1	2		
1	1	Elin Östlund	SWE 23.79
2	2	Mette Graversgaard	DEN/ISL 23.79
3	3	Elisabeth Slettum	NOR 23.86
4	1	Lisa Lilja	SWE 23.99
5	2	Aino Pulkkinen	FIN 24.00
6	3	Astrid Glenner Frandsen	DEN 24.34
7	4	Anniina Kortetmaa	FIN 24.65
X		Henriette Jæger	NOR DQ

400 m

Heat		9 feb	
1	2		
1	1	Amalie Iuel	NOR 52.87
2	1	Line Kloster	NOR 54.33
3	2	Elise Malmberg	SWE 54.61
4	2	Milja Thureson	FIN 54.70
5	3	Moa Hjælmer	SWE 54.89
6	3	Viivi Lehtikainen	FIN 55.27
7	4	Pórdís Eva Steinsdóttir	DEN/ISL 55.89
8	4	Martha Rasmussen	DEN/ISL 56.86

800 m

Heat		9 feb	
1	2		
1	1	Hanna Hermansson	SWE 2:05.33
2	1	Rebecca Högborg	SWE 2:08.65
3		Mathilde Diekema Jensen	DEN/ISL 2:10.59
4		Annemarie Nissen	DEN/ISL 2:11.01
5		Sigrid Wahlberg	NOR 2:11.75
6		Solveig Hernandez Vråle	NOR 2:12.44
7		Viola Westling	FIN 2:13.93
8		Heini Ikonen	FIN 2:14.23

Extra: Kirsi Pekkanen, FIN DNF

1500 m

Heat		9 feb	
1	2		
1	1	Malin Edland	NOR 4:17.77
2		Nathalie Blomqvist	FIN 4:19.77
3		Grethe Tyldum	NOR 4:29.48
4		Linn Söderholm	SWE 4:30.19
5		Ellinor Aurell	SWE 4:34.28
6		Josefine Rytter	DEN/ISL 4:34.64
7		Line Schulz	DEN/ISL 4:37.75
8		Veera Menonen	FIN 4:50.29

Extra: Hanna Hermansson, SWE DNF

3000 m

Heat		9 feb	
1	2		
1	1	Maja Alm	DEN/ISL 9:09.24
2		Lisa Havell	SWE 9:17.42
3		Camilla Richardsson	FIN 9:18.59
4		Helene Svane	DEN/ISL 9:33.17
5		Kristine Lande Dommersnes	NOR 9:33.92
6		Andrea Modin Engesæth	NOR 9:33.93
7		Johanna Peiponen	FIN 9:44.16
8		Elsa Wallenius	FIN 10:05.88

Extra: Moona Korkealaakso, FIN DNF

60 m hurdles

Heat		9 feb	
1	2		
1	1	Lotta Harala	FIN 8.35
2	2	Tilde Johansson	SWE 8.37
3	3	Mette Graversgaard	DEN/ISL 8.43
4	4	Andrea Rooth	NOR 8.44
5	1	Julia Enarvi	FIN 8.46
6	2	Mathilde Heltbech	DEN/ISL 8.52
7	3	Amanda Holmberg	SWE 8.52

8 4 Martine Hjørnevik NOR 8.90

High jump

1	Tonje Angelsen	NOR	1.88
2	Sofie Skoog	SWE	1.82
3	Bianca Salming	SWE	1.82
4	Heeta Turi	FIN	1.82
5	Laura Rautanen	FIN	1.82
6	Katarina Mögenburg	NOR	1.75
7	Eva Maria Baldursdóttir	DEN/ISL	1.70
8	Rikke Andersen	DEN/ISL	1.70

Series	1.65	1.70	1.75	1.79	1.82	1.85	1.88	1.91
1								
2								
3								
4								
5								
6								
7								
8								

Pole vault

1	Wilma Murto	FIN	4.60
2	Michaela Meijer	SWE	4.35
3	Elina Lampela	FIN	4.35
4	Caroline Bonde Holm	DEN/ISL	4.35
5	Linnea Jönsson	SWE	4.15
6	Line Renée Jensen	DEN/ISL	3.80
7	Agnes Elisabeth Morud	NOR	3.55
8	Synne Marie Engebretsen	NOR	3.30

Series	3.30	3.55	3.80	4.00	4.15	4.25	4.35	4.45	4.55	4.60	4.65	4.70
1												
2												
3												
4												
5												
6												
7												
8												

Long jump

1	Erica Järder	SWE	6.10
2	Kaiza Karlén	SWE	6.10
3	Mia Guldteig Lien	NOR	6.04
4	Hafdis Sigurðardóttir	DEN/ISL	5.99
5	Sini Sanaslahti	FIN	5.88
6	Thale Leirfall Bremset	NOR	5.83
7	Roosa Määttä	FIN	5.73
8	Josefine Skifter Andersen	DEN/ISL	5.61

Series	1	2	3	4	5	6
1	6.09	5.94	6.10	6.02	6.04	r
2	5.86	5.81	5.92	6.06	X	6.10
3	X	6.04	5.87	X	X	5.79
4	5.36	5.99	5.67	5.82	5.95	5.85
5	5.73	5.80	X	X	5.59	5.88
6	5.30	5.83	X	5.62	5.77	5.79
7	5.73	3.35	5.59	4.13	-	5.57
8	X	X	5.59	X	5.61	X

Triple jump

9 feb

1	Senni Salminen	FIN	13.83
2	Emma Pullola	FIN	13.43
3	Janne Nielsen	DEN/ISL	13.37
4	Rebecka Abrahamsson	SWE	13.14
5	Malin Malmbrandt	SWE	13.00
6	Monika Elisabeth Benserud	NOR	12.48
7	Mari Sellevåg Aarø	NOR	12.35
8	Laura Tølløse	DEN/ISL	11.31

Series	1	2	3	4	5	6
1	13.20	X	13.50	13.35	13.37	13.83
2	13.20	13.43	X	X	-	X
3	X	13.37	X	X	13.25	12.01
4	X	X	13.14	X	X	X
5	12.91	12.59	12.71	X	13.00	X
6	10.92	12.38	12.40	12.48	12.31	X
7	X	X	12.31	12.35	12.33	12.21
8	X	X	11.31	11.31	X	X

Shot put

1	Fanny Roos	SWE	17.65
2	Eveliina Rouvali	FIN	16.15
3	Frida Åkerström	SWE	15.83
4	Senja Mäkitörmä	FIN	15.79
5	Ásdís Hjálmsdóttir Annerud	DEN/ISL	15.59
6	Maria Sløk Hansen	DEN/ISL	14.38
7	Elisabeth Thon Rosvold	NOR	13.59
8	Lotta Flatum Fällingen	NOR	13.32

Series	1	2	3	4	5	6
1	17.52	X	X	17.52	17.65	17.50
2	X	X	15.54	15.69	15.77	16.15
3	15.83	15.62	15.75	15.40	X	15.56
4	14.85	15.52	X	15.79	X	15.67
5	15.59	X	X	X	X	X
6	14.14	14.38	X	14.10	13.70	14.12
7	13.20	13.59	X	13.41	X	X
8	13.17	13.16	X	13.20	X	13.32

Points Women	Nation	Total
	SWE	139
	FIN	114
	DEN/ISL	96
	NOR	94

Nordic Junior Championships Combined Events

Cancelled due to Covid-19 pandemic

Nordic-Baltic U23 Championships

Cancelled due to Covid-19 pandemic

Nordic U20 Match & Championships

Cancelled due to Covid-19 pandemic

Nordic Cross Country Championships

Cancelled due to Covid-19 pandemic