

This year consists of the following competitions:

14.2	Bærum, NOR	5 th Nordic Indoor Match
23.5	Aarhus, DEN	19 th Nordic 10000m Challenge
30.5	Stockholm, SWE	1 st Nordic Marathon Match
13.-14.6	Tårnby, DEN	43 rd Nordic Junior Championships Combined Events
29.8	Espoo, FIN	33 rd Nordic Race Walking Championships
29.-30.8	Espoo, FIN	12 th Nordic U20 Match & Championships
7.11	Göteborg, SWE	19 th Nordic Cross Country Championships

Nordic Indoor Match

Bærum Idrettspark, Bærum, NOR 14 Feb

Men

60 m		14 Feb	
1	Erik Hagberg	SWE	6.66
2	Morten D. Madsen	DEN/ISL	6.72
3	Ville Myllmäki	FIN	6.73
4	Salumu Ageze Kashafali	NOR	6.77
5	Thomas Wiborg	NOR	6.80
6	Eetu Rantala	FIN	6.83
7	Festus Asante	DEN/ISL	6.92
8	Patrik Andersson	SWE	7.02

200 m		14 Feb	
Heat			
1	2		
1	1	Jonathan Åstrand	FIN 21.10
2	1	Nil de Oliveira	SWE 21.39
3	2	Eetu Rantala	FIN 21.32
4	2	Johan Wissman	SWE 21.39
5	3	Jonas Grønnaug	NOR 21.66
6	3	Carl Emil Kåshagen	NOR 21.83
7	4	Emil Strøm	DEN/ISL 21.86
8	4	Alexander Guidje	DEN/ISL 22.49

400 m		14 Feb	
Heat			
1	2		
1	1	Karsten Warholm	NOR 47.25
2	2	Nick Ekelund-Arenander	DEN/ISL 47.56
3	1	Kolbeinn Höður Gunnarson	DEN/ISL 48.30
4	3	Jani Koskela	FIN 48.31
5	2	Alexander Nordkvist	SWE 48.54
6	3	Mauritz Kåshagen	NOR 48.73
7	4	Erik Martinsson	SWE 48.76
8	4	Gustav Klingstedt	FIN 49.25

800 m		14 Feb	
1	Andreas Almgren	SWE	1:48.39
2	Nick R. Jensen	DEN/ISL	1:49.79
3	Emil Oustad	NOR	1:50.73
4	Ville Lampinen	FIN	1:51.09
5	Johan Rogestedt	SWE	1:51.66
6	Håkon Mushom	NOR	1:51.67
7	Kristinn Þór Kristinsson	DEN/ISL	1:51.74
8	Jaako Laakso	FIN	1:52.81

Extra: Pace: Abdi Guleed, NOR DNF

1500 m		14 Feb	
1	Andreas Bueno	DEN/ISL	3:44.70
2	Erik Udø Pedersen	NOR	3:45.73
3	Staffan Eek	SWE	3:46.10
4	Johan Waldén	SWE	3:46.53
5	Sindre Løchting	NOR	3:47.71
6	Tuomo Salonen	FIN	3:48.40

7	Ilari Piiponen	FIN	3:50.55
8	Andreas Lommer	DEN/ISL	3:55.97

Extra: Pace: Marius Vedvik, NOR DNF

3000 m		14 Feb	
1	Thijs Nijhuis	DEN/ISL	8:02.35
2	Marius Vedvik	NOR	8:05.35
3	Hans Kristian Fløystad	NOR	8:08.55
4	David Nilsson	SWE	8:11.52
5	Riku Marttinen	FIN	8:15.12
6	Arttu Vattulainen	FIN	8:17.73
7	Robin Rohlén	SWE	8:21.09
8	Jeppe Harboe	DEN/ISL	8:31.60

Extra: Pace Okubamichael M. Fissehatsion, ERI DNF, Senay A. Fissehatsion, ERI DNF

60 m hurdles		14 Feb	
1	Andreas Martinsen	DEN/ISL	7.87
2	Elmo Lakka	FIN	7.88
3	Joona-Ville Heinä	FIN	7.93
4	Anton Levin	SWE	7.96
5	Filip Lööv	SWE	8.08
6	Karsten Warholm	NOR	8.14
7	Henrik Holmberg	NOR	8.22
8	Alexander Guidje	DEN/ISL	8.61

High jump		14 Feb	
1	Janick Klausen	DEN/ISL	2.21
2	Andreas Carlsson	SWE	2.18
=3	Jonas Kløjgård	DEN/ISL	2.14
=3	Emil Svensson	SWE	2.14
5	Mauri Kaattari	FIN	2.14
6	Richard Östman	FIN	2.10
7	Henrik Holmberg	NOR	2.00
8	Sindre Gelius Eikje	NOR	1.95

Series	1.90	1.95	2.00	2.05	2.10	2.14	2.18	2.21	2.25
1									
2									
=3									
=3									
5									
6									
7									
8									

Pole vault		14 Feb	
1	Eirik Dolve	NOR	5.45
2	Eemli Salomäki	FIN	5.35
3	Rasmus W. Jørgensen	DEN/ISL	5.25
4	Osvar Janson	SWE	5.15
5	Carl Stensson	SWE	5.15
6	Odd Eiken	NOR	4.95
7	Niko Koskinen	FIN	4.80
8	Andreas Rønning	DEN/ISL	4.65

Series	4.50	4.65	4.80	4.95	5.05	5.15	5.25	5.30	5.35	5.40	5.45	5.50	5.55
1													
2													
3													
4													
5													

6 XO XO XXX
7 O XXX
8 O O XXX

Long jump		14 Feb
1	Andrea Otterling	SWE 7.63
2	Kristian Pulli	FIN 7.60
3	Benjamin Gabrielsen	DEN/ISL 7.54
4	Arttu Halmela	FIN 7.50
5	Thobias Nilsson Montler	SWE 7.39
6	Ingar Kiplesund	NOR 7.39
7	Þórsteinn Ingvarsson	DEN/ISL 7.02
8	Jonas Mögenburg	NOR 7.00

Series	1	2	3	4	5	6
1	7.63	X	7.35	X	7.56	7.59
2	7.22	7.54	7.30	7.38	7.60	7.46
3	X	7.27	7.54	X	7.54	X
4	7.45	7.47	7.50	7.36	7.37	7.36
5	6.90	7.24	7.30	7.39	7.15	7.31
6	6.78	7.22	7.23	7.39	X	X
7	X	7.02	7.02	X	X	X
8	7.00	6.87	6.95	-	-	-

Triple jump		14 Feb
1	Peder P. Nielsen	DEN/ISL 16.13
2	Mathias Ström	SWE 15.87
3	Vetle Utsi Onstad	NOR 15.76
4	Aleksi Tammentie	FIN 15.75
5	Erik Ehrlin	SWE 15.67
6	Tuomas Kaukolahti	FIN 15.46
7	Jannick Bagge	DEN/ISL 14.72
8	Jonathan Varela Byrkjenes	NOR 13.99

Series	1	2	3	4	5	6
1	14.94	16.13	16.04	X	X	X
2	15.39	15.87	X	X	15.60	X
3	15.52	15.76	X	15.11	X	15.73
4	X	15.73	15.75	X	X	X
5	X	X	15.67	X	15.34	15.08
6	15.44	15.46	15.32	X	X	X
7	13.90	X	14.72	14.39	X	14.54
8	X	X	13.99	X	-	-

Shot put		14 Feb
1	Arttu Kangas	FIN 19.52
2	Danuek Ståhl	SWE 18.37
3	Timo Kööpikkä	FIN 17.75
4	Jonas Meyer	SWE 16.94
5	Kenneth Mertz	DEN/ISL 16.66
6	Lasse Larsen	DEN/ISL 16.50
7	Sven Martin Skagestad	NOR 16.47
8	Ola Stunes Isene	NOR 16.07

Series	1	2	3	4	5	6
1	19.08	19.16	19.31	X	19.52	19.48
2	16.84	18.37	X	X	X	X
3	17.51	X	X	17.75	X	17.73
4	14.77	16.03	16.02	15.70	X	16.94
5	15.81	16.35	X	16.54	16.65	16.66
6	16.04	16.21	16.29	16.50	16.37	X
7	16.38	16.47	16.46	16.43	X	16.16
8	15.38	16.06	15.63	16.07	X	15.55

4x200 m relay		14 Feb
1	DEN/ISL	1:25.10 (Morten D. Madsen, Andreas Martinsen, Emil Strøm, Nick Ekelund-Arenander)
2	FIN	1:25.61 (Eetu Rantala, Ville Myllymäki, Petteri Monne, Jonathan Åstrand)
3	NOR	1:25.77 (Jonas Grønnehaug, Carl Emil Kåshagen, Håkon Morken, Karsten Warholm)
4	SWE	1:25.81 (Joel Groth, Nil de Oliveira, Alexander Nordkvist, Thomas Yamane)

Points Men	Nation	Total
	SWE	126,5
	DEN/ISL	118,5
	FIN	117
	NOR	98

Women

60 m		14 Feb
1	Ezinne Okparaebio	NOR 7.31
2	Hanna-Mari Latvala	FIN 7.34
3	Elin Östlund	SWE 7.42
4	Caroline Larsson	SWE 7.50
5	Milja Thureson	SWE 7.57
6	Astrid Mangen Cederkvist	NOR 7.57
7	Hrafnhild Eir Hormodsdóttir	DEN/ISL 7.59
8	Frida Sångren	SWE 7.72

200 m		14 Feb
Heat		
1	2	
1	1	Hanna-Mari Latvala FIN 23.70
2	1	Jonna Berghem FIN 23.89
3	2	Astrid Mangen Cederkvist NOR 23.94
4	2	Ida Bakke Hansen NOR 24.46
5	3	Pernilla Tornemark SWE 24.80
6	4	Anna Thestrup Andersen DEN/ISL 25.33
7	3	Emma Beiter Bomme DEN/ISL 25.38
	X	Moa Hjelder SWE DNS
E	X	Hrafnhildur Eir Hormodsdóttir ISL DNS

400 m		14 Feb
Heat		
1	2	
1	1	Sara Slott Petersen DEN/ISL 52.83
2	2	Line Kloster NOR 53.44
3	3	Elise Malmberg SWE 54.02
4	1	Mathilda Hellquist SWE 55.08
5	4	Hilla Uusimäki FIN 56.03
6	2	Anne Sofie Kirkegaard DEN/ISL 56.37
7	3	Kirsi Pekkanen FIN 56.39
x		Sara Dorthea Jensen NOR DQ:R163.3a

800 m		14 Feb
1	Anna Silvander	SWE 2:04.07
2	Stina Troest	DEN/ISL 2:04.17
3	Hedda Hynne	NOR 2:05.61
4	Lovisa Lindh	SWE 2:05.85
5	Trine Mjåland	NOR 2:06.47
6	Karin Storbacka	FIN 2:08.37
7	Joseffa Keidser	DEN/ISL 2:10.06
8	Zenitha Eriksson	FIN 2:10.10

Extra: Pace: Yngvild Elvemo, NOR DNF

1500 m		14 Feb
1	Linn Nilsson	SWE 4:22.07
2	Ida Fillingsnes	NOR 4:22.43
3	Maria Larsen	DEN/ISL 4:22.61
4	Sara Kuivisto	FIN 4:26.72
5	Tova Euren	SWE 4:26.92
6	Christina Toogood	NOR 4:28.63
7	Karin Storbacka	FIN 4:30.98
8	Josefine Rytter	DEN/ISL 4:34.44

Extra: Pace: Charlotta Fougberg, SWE DNF

3000 m		14 Feb
1	Charlotta Fougberg	SWE 9:13.78
2	Oona Kettunen	FIN 9:25.50
3	Klara Bodinson	SWE 9:29.08
4	Camilla Richardsson	FIN 9:31.57
5	Line K. Schultz	DEN/ISL 9:46.35
6	Heidi Hestmark	NOR 9:56.30
7	Josephine Thestrup	DEN/ISL 10:07.83

<i>60 m hurdles</i>				14 Feb
1	Isabelle Pedersen	NOR	8.01	
2	Nooralotta Neziri	FIN	8.04	
3	Reetta Hurske	FIN	8.32	
4	Adriana Janic	SWE	8.67	
5	Malin Eriksson	SWE	8.60	
6	Lene Secher Myrmel	NOR	8.70	
7	Marie C. Vermund	DEN/ISL	8.89	
8	Mathilde U. Kramer	DEN/ISL	8.92	

<i>High jump</i>				14 Feb
1	Sofie Skoog	SWE	1.86	
2	Katarina Mögenburg	NOR	1.83	
3	Laura Rautanen	FIN	1.83	
4	Elina Smolander	FIN	1.83	
5	Sandra B. Christensen	DEN/ISL	1.77	
6	Caroline Fleischer	NOR	1.74	
7	Evelina Erlandsson	SWE	1.74	
8	Tine Bach Ejlersen	DEN/ISL	1.60	

Series	1.60	1.65	1.70	1.74	1.77	1.80	1.83	1.86	1.89
1									
2									
3									
4									
5									
6									
7									
8									

<i>Pole vault</i>				14 Feb
1	Michaela Meijer	SWE	4.50	
2	Wilma Murto	FIN	4.30	
3	Malin Dahlström	SWE	4.30	
4	Minna Nikkanen	FIN	4.10	
5	Iben Høgh-Pedersen	DEN/ISL	4.00	
6	Lene Retzius	NOR	4.00	
7	Ida Beate Østhus	NOR	4.00	
8	Line Rene Jensen	DEN/ISL	3.90	

Series	3.50	3.65	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60
1											
2											
3											
4											
5											
6											
7											
8											

<i>Long jump</i>				14 Feb
1	Khaddi Sagnia	SWE	6.40	
2	Nadia Akpana Assa	NOR	6.26	
3	Malin Olsson	SWE	6.09	
4	Emmi Mäkinen	FIN	6.00	
5	Tilda Lipasti	FIN	5.73	
6	Synnøve Bjørge Adam	NOR	5.72	
7	Tine Bach Ejlersen	DEN/ISL	5.51	
8	Laura Talløse	DEN/ISL	5.48	

Series	1	2	3	4	5	6
1	6.15	6.40	6.40	4.91	X	6.21
2	4.55	X	6.12	5.98	6.13	6.26
3	5.94	6.09	X	5.59	5.99	6.08
4	5.96	5.84	4.52	5.87	6.00	6.00
5	5.69	5.56	5.68	5.61	5.73	5.67
6	5.68	5.63	X	4.75	5.58	5.72
7	5.50	5.51	5.41	5.42	5.40	5.34
8	X	5.42	5.48	5.36	5.30	5.29

<i>Triple jump</i>				14 Feb
1	Janne Nielsen	DEN/ISL	13.14	
2	Sanna Nygård	FIN	13.01	
3	Malin Malbrandt	SWE	12.68	
4	Jasmin Sabir	SWE	12.59	
5	Jessie Ipsen	DEN/ISL	12.31	

6	Mari Sellevåg Aarø	NOR	12.29
7	Ingrid Bøthun Leganger	NOR	12.12
8	Jessica Miettinen	FIN	12.11

Series	1	2	3	4	5	6
1	X	13.08	13.14	12.64	X	12.94
2	12.91	12.91	12.86	X	13.01	12.92
3	12.51	12.68	12.50	X	12.59	X
4	12.52	12.17	12.59	12.30	12.28	12.41
5	12.31	X	X	X	11.93	11.67
6	12.09	12.29	12.20	X	12.15	12.06
7	12.11	X	X	12.04	12.04	12.12
8	X	X	X	X	11.82	12.11

<i>Shot put</i>				14 Feb
1	Trine Mulbjerg	DEN/ISL	16.40	
2	Fanny Roos	SWE	16.38	
3	Maria Sløk Hansen	DEN/ISL	15.48	
4	Agnes Larsson	SWE	15.05	
5	Katri Hirvonen	FIN	14.68	
6	Kristin Sundsteigen	NOR	14.19	
7	Kaisa Kymäläinen	FIN	14.09	
8	Camilla Rønning	NOR	13.09	

Series	1	2	3	4	5	6
1	16.27	15.89	16.07	16.07	15.97	16.40
2	15.47	15.82	16.38	14.98	X	15.65
3	14.56	15.48	14.49	14.40	15.36	14.58
4	14.64	14.21	15.05	14.59	X	X
5	X	14.48	14.39	14.36	14.23	14.68
6	13.79	X	13.81	14.19	13.94	13.83
7	13.49	13.93	13.91	14.09	13.79	13.71
8	X	11.85	13.09	12.82	13.07	X

<i>4x200 m relay</i>				14 Feb
1	NOR	1:37.07	(Astrid Mangen Cederkvist, Sara Dorteia Jensen, Ida Bakke Hansen, Line Kloster)	
2	SWE	1:37.80	(Adriana Janic, Pernilla Tornemark, Elise Malmberg, Mathilda Hellquist)	
	FIN	DNF	(Milja Thureson, Anniina Kortetmaa, Jonna Berghem, Hanna-Mari Latvala)	
	DEN/ISL	DNF	(Sara slot Petersen, Anna Thestrup andersen, Emma Better Bomme, Anne Sofie Kirkegaard)	

Points Women	Nation	Total
	SWE	146
	FIN	115
	NOR	106
	DEN/ISL	86

Nordic 10000 m Challenge

NRGi-Park, Aarhus, DEN 23 May

Men

<i>Senior</i>		23 May
1	Abdi Hakin Ulad	DEN 28:58.99
2	Johan Larsson	SWE 29:11.83
3	Thijs Nijhuis	DEN 29:19.17
4	Henrik Them Andersen	DEN 29:59.27
5	Jesper Faurschou	DEN 30:13.34
6	Dadafo Dhaqabi Tesama	NOR 30:18.63
7	Jaakko Nieminen	FIN 30:20.03
8	Anders Lindahl	FIN 30:34.47

9 Andreas Åhwall, SWE 30:37.27, 10 Jacob Ø. Markussen, DEN 30:43.70, 11 Stian Bekkevold, NOR 30:44.35
Extra: Ebba Tulu Chala, SWE 30:03.38, Gabriel Steffensen, SWE 31:19.89, Jonathan Weichbrodt, SWE 31:55.70, Rune Solli, NOR 32:10.31

Women

<i>Senior</i>		23 May
1	Camilla Richardsson	FIN 33:53.88
2	Anna Holm Baumeister	DEN 33:56.55
3	Simone Glad	DEN 34:04.36
4	Frida Lundén	SWE 34:20.75
5	Louise Nilsson	SWE 34:24.82

6	Anna Emilie Møller	DEN	34:29.41
7	Janica Mäkelä	FIN	34:31.11
8	Meri Rantanen	FIN	35:18.04
9 Sara Holmgren, SWE 35:45.67			
Extra: Lisa Öhberg, SWE DNF			

Nordic Marathon Match

Stockholm, SWE 30 May

Part of Stockholm Marathon. Only match related athletes listed.

Men

Senior		30 May	
1	Fredrik Johansson	SWE	2:23:05
2	Dadafo Dhaqabi Tesama	NOR	2:23:19
3	Kaupo Sasmin	EST	2:23:33
4	Jussi Utriainen	FIN	2:24:16
5	Andreas Myhre Sjurseth	NOR	2:26:31
6	Patrik Engström	SWE	2:26:35
7	Anders Fransson	SWE	2:26:51
8	Aki Nummela	FIN	2:27:45

9 Erik Anfält, SWE 2:28:09, 10 Andrus Lein, EST 2:29:14, 11 Teemu Toivanen, FIN 2:29:44, 12 Mika Takala, FIN 2:30:16, 13 Tönu Lillelaid, EST 2:31:08, 14 Raivo Alla, EST 2:33:51, 15 Kristo Reinsalu, EST 2:35:19, 16 Andreas McConville, SWE 2:35:33, 17 Marko Tuokko, FIN 2:36:45

Teams:

1 SWE 7:16:31 (Johansson, Engström, Fransson), 2 FIN 7:21:45 (Utriainen, Nummela, Toivanen), 3 EST 7:23:55 (Sasmin, Lein, Lillelaid)

Women

Senior		30 May	
1	Isabellah Andersson	SWE	2:34:14
2	Anne-Mari Hyryläinen	FIN	2:41:54
3	Marthe Katrine Myhre	NOR	2:43:37
4	Lena Eliasson	SWE	2:44:17
5	Charlotte Karlsson	SWE	2:45:13
6	Mikaela Kemppe	SWE	2:49:57
7	Ann Kristin Mosbrøn	NOR	2:53:41
8	Anni Hemminki	FIN	2:55:30

9 Janne Elin Vatnaland, NOR 2:55:32, 10 Elli Hemminki, FIN 2:56:58, 11 Cecilie Klungtveit, NOR 3:08:22

Teams:

1 SWE 8:03:44 (Abderson, Eliasson, Karlsson), 2 NOR 8:32:50 (Myhre, Mosbrøn, Vatnaland), 3 FIN 8:34:22 (Hyryläinen, A. Hemminki, E. Hemminki)

Nordic Junior Championships Combined Events

Tårnby Stadion, Tårnby, DEN 13-14 Jun

Men

U23 Decathlon			
1	Elmo Savola	FIN	7.129
2	Ingi Kristinnsson	ISL	6.981
	Jostein André Kvikstad	NOR	DNF

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

1	11.23	6.81	12.42	1.90	50.19	15.10	40.24	4.40	59.75	5:03.08
	810	769	632	714	806	837	669	731	734	542
	0,0	0,0				+0,5				
2	11.44	6.82	13.77	1.75	51.05	16.56	43.21	4.60	47.53	4:47.10
	765	771	714	585	767	671	730	790	552	636
	0,0	0,0				+0,5				
	11.61	6.42	13.21	NM	NM	DNF				
	730	679	680							
	0,0	0,0								

High jump

Series	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93
1									
2	xo	o	xo	xxx					
					x--				

Pole vault

Series	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70
1	o	-	o	o	o	xxx		

2 o - xo xxo xxo xxx

	Long jump		Shot put			Discus throw			Javelin throw		
1	X	6.81	X	10.91	11.24	12.42	38.31	40.24	37.82	58.55	59.75
		0,0									
2	6.66	6.82	X	13.64	13.77	13.72	X	X	43.21	27.85	46.95
	+0,1	0,0									
3	X	6.42	X	13.21	X	13.16	X	-	-		
	0,0										

U20 Decathlon

1	Andreas Gustafsson	SWE	7.379
2	Petri Ihander	FIN	7.335
3	Artur Hämäläinen	FIN	7.179
4	Sebastian Ruthström	SWE	7.129
5	Tuomas Valle	FIN	6.981
6	Tristan Jónsson	ISL	6.971
7	Erik Hermelin	SWE	6.324

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

1	11.24	6.85	13.86	1.99	49.96	14.69	38.36	4.30	48.29	4:40.11
	808	778	720	794	816	887	631	702	563	680
	-0,6	+0,4				0,0				
2	11.19	6.78	14.07	1.81	51.13	14.95	42.80	4.40	59.19	4:55.34
	819	762	733	636	763	856	722	731	726	587
	-0,6	+1,0				0,0				
3	11.24	6.83	13.49	1.99	48.97	14.64	37.18	4.20	44.30	4:59.21
	808	774	697	794	863	894	607	673	505	564
	-0,6	-0,8				0,0				
4	11.89	6.68	14.22	1.90	52.39	15.43	39.41	4.50	61.26	4:55.64
	673	739	742	714	708	798	653	760	757	585
	-0,6	-0,2				0,0				
5	11.41	6.62	14.57	1.84	51.34	14.65	45.72	3.40	50.24	4:55.91
	771	725	763	661	754	892	782	457	592	584
	-0,6	-0,8				0,0				
6	10.99	7.04	12.17	1.90	48.79	14.69	30.65	4.10	46.39	5:03.70
	863	823	617	714	871	887	477	645	535	539
	-0,6	0,0				0,0				
7	11.46	6.58	12.45	1.72	49.90	16.79	34.61	3.70	38.82	4:41.28
	761	716	634	560	819	646	556	535	425	672
	-0,6	-1,1				0,0				

High jump

Series	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	xxo	xxx						
3						o	-	o	o	xo	o	o	xo	xxx
4							xo	-	xxo	xxo	xxx			
5			o	-	xxo	o	xo	xxo	xxx					
6						o	o	xo	xo	xo	xxx			
7	o	o	o	xxo	xxx									

Pole vault

Series	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	4.50	4.60
1									o	o	o	o	xxx		
2									o	o	o	o	o	xxx	
3									o	xo	xo	xxx			
4									xo	xxo	o	o	xo	xxo	xxx
5	o	-	o	xxx											
6									o	o	xxx				
7			xo	xxo	xo	xxx									

	Long jump		Shot put			Discus throw			Javelin throw		
1	6.63	6.85	6.72	13.04	13.31	13.86	35.80	X	38.36	48.29	45.85
	+1,6	+0,4	0,0								
2	6.78	X	X	13.67	13.84	14.07	38.45	41.57	42.80	57.83	59.19
	+1,0										
3	6.82	6.83	4.31	13.49	X	X	37.18	X	37.00	44.30	X
	0,0	-0,8	+1,1								
4	6.60	6.68	X	14.22	X	X	38.08	37.37	39.41	61.26	55.40
	0,0	-0,2									
5	6.52	6.62	X	13.19	14.57	13.58	44.25	X	45.72	50.24	47.42
	0,0	-0,8									
6	7.04	X	X	11.71	11.82	12.17	30.65	X	30.38	40.24	40.39
	0,0										
7	6.45	6.55	6.58	11.64	12.45	12.39	32.52	34.34	34.61	35.47	35.66
	+0,9	0,0	-1,1								

U18 Decathlon

1	Toralv Opsal	NOR	7.444
2	Jakob Samuelsson	SWE	7.030
3	Gabriel Rosshagen	SWE	6.779
4	Jonas Bjerremand	DEN	6.518
5	Joona Välipakka	FIN	6.345
6	Guðmundur Úlfarsson	ISL	6.150
7	Oliver Chabert	DEN	5.908
8	Kevin Duvert	SWE	5.874

9 Guðmundur Danielsson, ISL 5.782, 10 Joska Tømmola, FIN 5.736, 11 Sondre Guttormsen, NOR 4.995
(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 400m, 100m, Long jump, Shot put 5kg, High jump, 1500m)

1	11.46	6.94	15.24	1.96	50.26	14.41	38.15	4.30	46.54	4:33.68
	761	799	804	767	803	922	627	702	528	721
	-1,0	0,0				+0,5				
2	11.89	6.35	16.67	1.81	53.35	15.64	45.35	4.30	55.47	4:57.09
	673	664	893	636	667	774	774	702	670	577
	-1,0	-0,7				+1,7				
3	11.81	6.53	13.66	1.78	52.51	15.31	41.03	3.70	52.86	4:36.78
	689	704	708	610	703	812	686	535	631	701
	-1,0	+0,9				+0,5				
4	11.95	6.44	12.29	1.93	52.52	15.20	37.31	3.10	50.08	4:36.74
	661	684	624	740	702	825	610	381	590	701
	-1,0	0,0				+0,5				
5	11.60	6.38	13.09	1.72	54.27	14.99	38.45	3.80	51.30	5:24.33
	732	670	673	560	628	851	633	562	608	428
	-0,2	+0,2				+0,5				
6	11.72	6.04	12.86	1.63	52.36	15.60	33.02	4.00	44.36	4:58.79
	707	595	659	488	709	778	524	617	506	567
	-0,2	0,0				+1,7				
7	11.80	5.74	11.15	1.66	54.68	15.50	34.04	4.00	46.15	5:06.29
	691	531	555	512	612	790	544	617	532	524
	-1,0	0,0				+1,7				
8	11.96	5.95	10.87	1.81	53.39	16.69	37.19	3.40	38.34	4:43.23
	659	576	538	636	665	657	608	457	418	660
	-0,2	0,0				+1,7				
9	12.10	5.94	11.47	1.72	54.67	15.97	30.54	3.60	55.94	5:23.17
	631	574	574	560	612	736	475	509	677	434
	-0,2	0,0				+1,7				
10	11.62	6.47	12.61	1.66	55.98	15.41	27.39	3.40	42.23	5:18.77
	728	691	643	512	560	801	413	457	475	456
	-1,0	0,0				+0,5				
11	12.81	5.50	9.25	1.66	58.37	16.15	24.38	4.00	40.56	5:19.56
	501	481	441	512	470	716	355	617	450	452
	-0,2	0,0				+0,5				

High jump

Series	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87
1	1.90	1.93	1.96	1.99										
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														

Pole vault

Series	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00
1	4.10	4.20	4.30	4.40										
2														
3														
4														
5														
6														
7														
8														
9														
10														

11

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	Long jump	Shot put	Discus throw	Javelin throw
1	6.87 6.79 6.94 0,0 +1,2 0,0	14.52 15.24 14.98	35.57 X 38.15	44.42 42.79 46.54
2	X 6.35 6.22 -0,7 0,0	14.34 16.67 15.66	44.76 43.35 45.35	55.47 50.60 X
3	6.53 X X +0,9	13.01 13.04 13.66	39.32 X 41.03	52.86 51.51 51.50
4	6.30 6.44 5.42 +0,7 0,0 0,0	11.52 12.10 12.29	35.44 37.31 X	46.01 50.08 X
5	6.38 X 6.08 +0,2 0,0	12,54 12.95 13.09	34.16 35.78 38.45	47.81 X 51.30
6	X 6.04 X 0,0	11.92 12.86 12.71	30.64 33.02 X	37.66 39.36 44.36
7	5.74 5.64 5.73 0,0 0,0 0,0	11.15 10.94 10.40	29.42 34.04 31.91	45.59 45.95 46.15
8	5.54 5.95 5.81 +0,5 0,0 +0,1	10.65 10.58 10.87	30.86 36.85 37.19	38.34 X 37.99
9	X X 5.94 0,0	X 11.47 11.39	X 30.54 30.43	55.94 X X
10	6.28 6.42 6.47 0,0 +2,0 0,0	12.46 11.67 12.61	22.57 X 27.39	40.25 41.18 42.23
11	5.13 5.50 5.36 0,0 0,0 0,0	9.25 8.92 X	24.38 X 22.40	39.98 40.56 40.03

Women

U23 Heptathlon

1	Malin Skogström	SWE	5.506
2	Sofie Albrechtsen	DEN	5.275
3	Sandra Böll	DEN	5.242
4	Anne Engen Andersen	NOR	5.132
5	Ida Otstavel	FIN	4.983
6	Farydah Inoussa	SWE	4.830
7	Mathilde Diekema	DEN	4.639
8	Frida Thorsås	NOR	4.625

9 Rakel Rosshagen, SWE 4.071

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

1	13.83	1.64	11.46	25.60	5.95	39.48	2:23.90
	1003	783	625	833	834	657	771
	-0,4			-0,7	+2,0		
2	15.61	1.76	12.79	25.43	5.58	31.29	2:21.84
	763	928	713	848	723	501	799
	0,0			0,0	+2,7		
3	15.01	1.73	11.36	25.35	5.57	31.55	2:20.93
	840	891	619	855	720	506	811
	-0,4			-0,7	+1,5		
4	14.78	1.76	10.32	25.95	5.57	36.9	2:33.22
	871	928	550	802	720	608	653
	-0,4			-0,7	+1,7		
5	14.85	1.58	12.11	26.22	5.50	40.25	2:38.43
	862	712	668	778	700	672	591
	0,0			0,0	+2,1		
6	14.69	1.52	11.08	25.40	5.89	27.40	2:36.84
	883	644	600	850	816	427	610
	-0,4			-0,7	+1,7		
7	16.25	1.64	10.89	27.18	4.77	34.57	2:19.78
	684	783	588	697	498	563	826
	0,0			0,0	+1,2		
8	15.11	1.64	12.01	26.76	4.02	36.33	2:28.45
	827	783	662	732	312	597	712
	-0,4			-0,7	+1,8		
9	15.13	1.58	10.46	26.75	NM	32.54	2:28.18
	825	712	560	733	0	525	716
	0,0			0,0			

High jump

Series	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79
1											
2											
3											
4											
5											
6											
7											
8											
9											

	Long jump	Shot put	Javelin throw
1	X 5.73 5.95 +2,3 +2,0	10.33 10.92 11.46	34.67 35.05 39.48
2	5.58 5.20 5.36 +2,7 +1,7 +3,4	12.52 12.79 12.46	31.29 X X
3	5.46 5.28 5.57 +0,9 +1,0 +1,5	10.43 10.00 11.36	29.36 31.55 31.11
4	X 5.57 5.51 +1,7 +2,3	10.10 10.32 10.10	36.11 36.74 36.90
5	X 5.50 X +2,1	11.79 11.25 12.11	40.25 36.06 39.23
6	X 5.69 5.89 +1,5 +1,7	11.09 9.90 9.67	26.65 27.40 25.96
7	X 4.77 X +1,2	10.89 X 10.65	28.61 31.06 34.57
8	X X 4.02 +1,8	12.01 11.92 X	34.30 36.33 35.62
9	X X X	10.46 10.39 10.26	X 32.54 X

U20 Heptathlon

1	Jessica Rautelin	FIN	5.253
2	Maria Huntington	FIN	5.173
3	Johanna Dyremark	SWE	5.151
4	Caroline Fleischer	NOR	5.132
5	Elina Kakko	FIN	4.805
6	Emilie Berge	NOR	4.358
	Emma Steenlöf	SWE	DNF
	Beatrice Lantz	SWE	DNF

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

1	14.61 1.61 11.76 25.74 5.58 35.72 2:18.90
	894 747 645 820 723 585 839
	-0,3 -2,4 +0,8
2	14.62 1.73 10.72 26.82 5.63 38.37 2:28.49
	892 891 577 727 738 636 712
	-0,3 -0,9 +2,3
3	14.90 1.70 10.35 25.63 5.80 31.26 2:23.97
	855 855 552 830 789 500 770
	-0,3 -2,4 +2,1
4	14.80 1.73 9.06 26.16 5.79 27.86 2:14.48
	868 891 468 783 786 436 900
	-0,3 -0,9 +1,5
5	15.20 1.70 11.43 27.43 5.78 33.74 2:46.12
	815 855 623 676 783 548 505
	-0,3 -0,9 +1,4
6	14.74 1.55 10.29 25.88 5.50 NM 2:25.65
	876 678 548 808 700 0 748
	-0,3 -2,4 +1,9
	14.31 1.73 12.31 25.95 DNS
	985 891 682 802
	-0,3 -2,4
	15.54 1.64 12.35 27.51 NM 36.13 DNS
	772 783 684 670 0 593
	-0,3 -0,9

High jump

Series	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76
1		o	o	xo	xxo	o	xxx				
2					o	o	o	o	xo	xxo	xxx
3				o	o	o	o	xxo	xo	xxx	
4					o	o	o	o	xo	xxx	
5						o	o	o	xxx		
6				o	-	xxx					
				o	o	o	xxo	xxx			

	Long jump	Shot put	Javelin throw
1	5.58 5.43 5.26 +0,8 +0,7 -1,2	11.63 11.58 11.76	35.72 X 34.50
2	5.63 X X +2,3	10.22 10.72 X	38.36 35.90 38.37
3	5.65 5.80 5.78 +3,4 +2,1 +0,7	10.35 9.83 X	X 29.89 31.26
4	X X 5.79 +1,5	9.06 8.67 8.79	27.86 27.43 27.31
5	5.70 5.78 5.72 +1,3 +1,4 0,0	10.94 11.34 11.43	33.43 33.74 31.62

6	X 5.50 X +1,9	9.65 10.29 X	X X X
		12.15 12.13 12.31	

8	X X X	11.97 12.35 11.98	36.13 - -
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U18 Heptathlon

1	Bianca Salming	SWE	5.644
2	Emelie Wänseth	SWE	5.578
3	Lotta Kemppinen	FIN	5.227
4	Ida Eikeng	NOR	5.171
5	Lovisa Linde	SWE	5.161
6	Saara Hakanen	FIN	5.063
7	Amanda Grefstad Frøynes	NOR	4.960
8	Anna Lange	DEN	4.911

9 Nickoline Andersen, DEN 4.712, 10 Line Myrestøl Johansson, NOR 4.694, 11 Sarah Bahat, DEN 4.664, 12 Telma Eid, NOR 4.496, 13 Irma Gunnarsdóttir, ISL 4.477, Emilie Hansen, DEN DNF

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

1	14.82 1.75 14.64 26.56 5.52 47.25 2:25.47
	866 928 837 749 706 807 751
	0,0 +0,1 +1,1
2	14.37 1.79 13.65 25.74 5.78 36.26 2:28.25
	927 966 771 820 783 596 715
	0,0 -0,8 +2,8
3	14.41 1.58 13.38 25.08 5.35 35.12 2:27.01
	921 712 753 879 657 574 731
	0,0 -1,2 +1,4
4	14.00 1.67 11.84 25.01 5.36 41.00 2:47.33
	978 818 651 886 660 686 492
	0,0 -1,2 +2,0
5	14.93 1.61 13.64 26.08 5.06 38.35 2:22.39
	851 747 770 790 576 636 791
	0,0 -1,2 +1,2
6	15.16 1.70 10.73 26.76 5.66 34.11 2:23.58
	821 855 577 732 747 555 776
	-1,0 -0,8 +1,1
7	15.92 1.64 10.50 26.29 5.35 38.42 2:19.88
	724 783 561 772 657 637 825
	0,0 -1,2 +0,5
8	16.09 1.55 12.12 26.21 5.41 45.57 2:34.76
	703 678 669 779 674 774 634
	-1,0 -0,9 +0,7
9	16.03 1.43 13.86 26.52 5.39 35.57 2:31.94
	711 544 785 752 668 583 669
	-1,0 -0,8 +2,0
10	15.27 1.64 11.06 26.79 5.31 28.96 2:31.45
	806 783 599 729 645 457 675
	-1,0 +0,1 +1,3
11	16.77 1.61 12.72 27.89 5.02 42.56 2:32.29
	623 747 709 640 565 716 664
	-1,0 +0,1 0,0
12	16.42 1.61 10.89 26.21 5.36 26.37 2:33.50
	664 747 588 779 660 408 650
	-1,0 -0,8 +2,4
13	15.29 1.40 13.00 26.80 4.90 40.72 2:47.28
	804 512 727 729 532 681 492
	0,0 -1,2 +1,2
	15.72 1.49 12.71 DNS
	749 610 708
	-1,0

High jump

Series	1.34	1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82
1																	
2	o	-	-	-	-	-	-	-	-	-	o	o	o	o	xo	o	xxx
3					o	o	o	o	xxx								
4								o	xo	o	xxx	xo	xxx				
5					o	o	o	xo	xxo	xxo	xxx						
6											o	xo	o	xxx			
7										xo	o	o	xxx				
8			o	-	o	o	xo	o	xxx								
9		o	o	o	xxx												
10					o	o	o	o	o	xo	xxo	xxx					
11						o	o	o	xo	xo	xxx						
12						o	o	o	o	o	o	Xxx					
13	xo	o	o	xxx													
				o	-	o	xo	xxx									

	Long jump	Shot put	Javelin throw	
1	5.52 X X +1,1	14.64 14.38 14.39	47.12 42.42 47.25	
2	X 5.45 5.78 0,0 +2,8	13.32 12.71 13.65	34.78 36.26 32.94	
3	5.09 5.35 4.87 +0,7 +1,4 0,0	12.90 13.38 12.75	35.12 X X	
4	5.31 5.33 5.36 +1,4 +0,5 +2,0	11.84 10.62 10.99	37.62 41.00 40.02	
5	5.06 X X +1,2	13.17 13.02 13.64	38.35 X 37.19	
6	X 5.57 5.66 +0,6 +1,1	10.73 10.09 10.65	X X 34.11	
7	5.32 5.35 5.25 +1,8 +0,5 +2,1	10.50 10.01 X	36.40 38.42 X	
8	5.04 5.20 5.41 +1,0 0,0 +0,7	X 11.29 12.12	42.86 39.56 45.57	
9	5.18 5.22 5.39 +0,2 +1,3 +2,0	13.16 12.16 13.86	X 35.57 33.46	
10	5.27 5.31 X +0,3 +1,3	11.06 10.84 10.21	28.96 X X	
11	4.99 5.02 X +1,1 0,0	12.05 12.72 12.14	39.12 42.56 40.84	
12	5.01 4.95 5.36 +1,5 +1,1 +2,4	9.90 9.14 10.89	26.37 X X	
13	4.90 X X +1,2	12.53 12.82 13.00	40.72 39.50 X	
		11.82 12.71 11.76		

Nordic Race Walking Championships

Leppävaara, Espoo, FIN 29 Aug

U16-class not Nordic Championships, promotional only

Men

	Senior	20000m
1	Timo Viljanen FIN	1:38:39.3
2	Andreas Nielsen DEN	1:41:54.7
3	Christer Svensson SWE	1:43:05.0
	Eemeli Kiiski FIN	DQ

	U23	20000m
1	Elmo Koivunen FIN	1:35:39.8
2	Markus Kyrölä FIN	1:37:52.0

	U20	10000m
1	Fredrik Vaeng Røtnes NOR	44:38.73
2	Artturi Oila FIN	49:29.71
3	Rasmus Lang FIN	51:22.85

	U18	5000m
1	Joni Hava FIN	23:42.18
2	Jere Niemi FIN	24:35.44
3	Knut Vang Ørjavik NOR	26:23.67

Extra: Jaakko Määtänen, FIN 25:28.33

Women

	Senior	10000m
1	Mikaela Löfbacka FIN	51:01.14
2	Elisa Neuvonen FIN	52:25.71

	U23	10000m
1	Tiia Kuikka FIN	52:19.57
2	Sini Jussila FIN	55:49.41

	U20	5000m
1	Taika Nummi FIN	22:08.82
2	Vera Rauhala FIN	27:19.32
3	Frida Møller Flatin NOR	28:14.19

	U18	5000m
1	Enni Nurmi FIN	23:33.69
2	Riina Perkiö FIN	26:29.58

3	Vilde Lundin NOR	26:47.37
4	Ellen Nordqvist Sjøblom NOR	27:42.98
5	Josefin Greiff NOR	28:42.11

Poeng:	1	FIN	118
	2	NOR	32
	3	DEN	7
	4	SWE	6

Nordic U20 Match & Championships

Leppävaara, Espoo, FIN 29-30 Aug

Men

	100 m	29 Aug	+2,8
1	Even Meinseth NOR	10.38	
2	Sebastian Guillen Perez NOR	10.52	
3	Gustav Kjell SWE	10.55	
4	Aleksi Lehto FIN	10.62	
5	Tristan Freyr Jónsson ISL	10.66	
6	Frederik Schou Nielsen DEN	10.69	
7	Oskari Lehtonen FIN	10.69	
8	Giovanni Inostroza SWE	10.85	

	200 m	30 aug	+2,0
1	Oskari Lehtonen FIN	21.51	
2	Tristan Freyr Jónsson ISL	21.60	
3	Victor Fingal SWE	21.67	
4	Gustav Kjell SWE	21.75	
5	Kristian Bäck FIN	22.02	
6	Frederik Schou Nielsen DEN	22.14	
	Josh-Kevin Ramirez Talm NOR	DNF	
	Even Meinseth NOR	DQ:R162.7	

	400 m	29 aug	
1	Josh-Kevin Ramirez Talm NOR	47.09	
2	Kalle Berglund SWE	48.20	
3	Filiph Johansson FIN	48.52	
4	Juho Pirskanen FIN	48.67	
5	Sondre Dingsør NOR	48.96	
6	Emil Søndergaard DEN	49.09	
7	Kormákur Ari Hafliðason ISL	49.49	
8	Andreas Movin SWE	49.95	

	800 m	29 Aug	
1	Markus Einan NOR	1:50.74	
2	Andreas Kramer SWE	1:50.77	
3	Kristian Uldbjerg Hansen DEN	1:52.42	
4	Sverre Blom Breivik NOR	1:53.11	
5	Björn Seifert SWE	1:53.59	
6	Julius Uutela FIN	1:55.22	
7	Sami Hänninen FIN	1:56.24	
8	Viktor Orri Pétursson ISL	2:00.67	

	1500 m	30 Aug	
1	Andreas Kramer SWE	3:53.57	
2	Jakob Ingebrigtsen NOR	3:53.59	
3	Henrik Irgens Gravdal NOR	3:55.01	
4	Andreas Lindgreen DEN	3:56.74	
5	Jiri Karjalainen FIN	3:58.29	
6	Emil Danielsson SWE	4:02.89	
7	Tuomas Puputti FIN	4:08.07	
8	Viktor Orri Pétursson ISL	4:21.81	

	5000 m	29 Aug	
1	Gustav Stensjö SWE	15:00.01	
2	Sigurd Ruud Skjeseth NOR	15:01.53	

3	Vidar Johansson	SWE	15:05.83
4	Joakim Sødal	NOR	15:06.15
5	Robin Ryyänen	FIN	15:20.54
6	Joachim Weel Rosbo	DEN	15:29.70
7	Pekka Antikainen	FIN	15:50.40

110 m hurdles				30 Aug	+2,1
1	Karsten Warholm	NOR	13.97		
2	Elias Martinsson	SWE	14.41		
3	Tristan Freyr Jónsson	ISL	14.47		
4	Charles Mitala	SWE	14.59		
5	Simon Traore	DEN	14.64		
6	Viktor Kantele	FIN	14.73		
7	Eivind Kleven Hagen	NOR	14.76		
	Ilari Manninen	FIN	DQ:R162.7		

400 m hurdles				29 Aug	
1	Karsten Warholm	NOR	51.47		
2	Isak Andersson	SWE	53.46		
3	Viktor Kantele	FIN	54.37		
4	Alexander Lundskog	SWE	54.39		
5	Jani Rastas	FIN	55.17		
6	Markus Berner	NOR	56.06		
	Kenneth Pedersen	DEN	DQ:R163.3		

3000 m steeplechase				30 Aug	
1	Topi Raitanen	FIN	8:53.48		
2	Thomas Jefferson Byrkjeland	NOR	9:10.80		
3	Bidar Johansson	SWE	9:13.62		
4	Ola Gåsvær	NOR	9:34.68		
5	Mikko Hirvonen	FIN	9:50.75		
6	Pontus Hagman	SWE	10:22.61		
7	Casper Giversen	DEN	10:25.23		

High jump				29 Aug	
1	Jonas Kløjgaard Jensen	DEN	2.17		
2	Fabian Delryd	SWE	2.15		
3	Oscar Lundqvist	SWE	2.13		
4	Toralv Opsal	NOR	2.00		
5	Aleksi Klemola	FIN	1.95		
6	Artturi Tiipio	FIN	1.90		
7	Jon Hilstad Mangset	NOR	1.90		
	Tristan Freyr Jónsson	ISL	DNS		

Series	1.80	1.85	1.90	1.95	2.00	2.04	2.08	2.11	2.13	2.15	2.17	2.20
1												xxx
2												xxx
3												xxx
4												xxx
5												xxx
6												xxx
7												xxx

Pole vault				30 Aug	
1	Tomas Wecksten	FIN	5.25		
2	Urho Kujanpää	FIN	5.20		
3	Esa Hiltunen	SWE	4.85		
4	Sondre Guttormsen	NOR	4.55		
=5	Audun Bakke Jensen	NOR	4.40		
=5	Sebastian Ruthström	SWE	4.40		
7	Mikkel Vibe Ringsted	DEN	4.40		

Series	4.20	4.40	4.55	4.70	4.85	4.95	5.05	5.15	5.20	5.25	5.43
1											xxx
2											xxx
3											xxx
4											xxx
=5											xxx
=5											xxx
7											xxx

Long jump				29 Aug	
1	Kristian Bäck	FIN	7.52		
2	Daniel Örevik	SWE	7.44		
3	Ingar Kiplesund	NOR	7.37		
4	Toralv Opsal	NOR	7.33		
5	Thobias Nilsson Montler	SWE	7.17		
6	Tristan Freyr Jónsson	ISL	7.10		
7	Joni Heikkilä	FIN	7.10		
8	Sebastian Ree Pedersen	DEN	7.07		

Series	1	2	3	4	5	6
1	7.14	X	7.39	X	7.32	7.52
	-3,3		+2,6		+2,4	+3,0
2	7.06	7.37	X	5.39	7.36	7.44
	-4,7	+2,8		+3,4	+4,5	+4,6
3	7.18	7.11	X	7.37	7.28	7.33
	+3,1	+2,3		+2,7	+4,0	+3,1
4	X	7.33	-	-	-	-
		+3,7				
5	7.14	7.17	X	5.47	-	7.17
	+3,6	+2,4		+3,5		+3,5
6	6.09	7.10	7.08	6.77	-	4.47
	-2,3	+3,7	+3,7	+3,3		+3,5
7	X	7.07	X	6.94	X	7.10
		+3,1		+1,8		+2,9
8	7.01	7.06	7.07	6.92	6.80	6.71
	+3,4	+2,9	+4,6	+4,6	+2,8	+3,6

Triple jump				30 Aug	
1	Topias Koukkula	FIN	15.37		
2	Arttu Tyystjärvi	FIN	15.04		
3	Marcus Nyberg	SWE	14.91		
4	Christoffer Pool Wiklund	SWE	14.82		
5	Ingar Kiplesund	NOR	14.50		
6	Marius Tronslien	NOR	13.73		
7	Tórir Mortensen	DEN	13.10		
	Jonas Bjerremann	DEN	DNS		

Series	1	2	3	4	5	6
1	15.37	15.24	14.27	15.21	13.53	15.01
	?	+2,3	+2,6	+1,4	+2,2	+4,7
2	14.74	14.82	15.04	X	-	14.91
	+0,3	+0,6	+1,4			+4,0
3	X	14.81	14.52	X	14.45	14.91
		+1,8	+0,8		+3,9	+3,2
4	X	14.53	14.82	X	X	X
		+2,9	+2,0			
5	13.99	14.10	X	14.09	14.44	14.50
	+1,4	+0,8		+1,2	+2,1	+3,7
6	13.65	X	X	X	13.64	13.73
	+0,8				+4,2	+3,3
7	13.10	X	13.04	X	-	-
	+2,2		+2,8			

Shot put				29 Aug	
1	Marcus Thomsen	NOR	18.68		
2	Samuli Kyrönviita	FIN	18.43		
3	Kristoffer Thomsen	DEN	17.06		
4	Thomas Mardal	NOR	16.49		
5	Matti Kahilainen	FIN	16.47		
6	William Ullberg	SWE	15.69		
7	Jesper Arbinge	SWE	15.51		

Series	1	2	3	4	5	6
1	17.36	18.26	18.68	X	18.40	17.96
2	18.16	18.24	18.16	18.43	18.20	X
3	16.61	16.96	16.67	16.93	16.61	17.06
4	X	16.49	X	16.38	X	X
5	15.91	16.30	16.47	16.31	16.08	16.30
6	X	15.69	X	15.28	X	X
7	15.51	X	X	X	X	X

Discus throw				30 Aug	
1	Oskari Perälampi	FIN	57.58		
2	Thomas Mardal	NOR	54.99		
3	Thor Olav Røsvold	NOR	54.46		
4	Veikko Laitinen	FIN	54.21		
5	Kristoffer Thomsen	DEN	50.22		
6	Oskar Gustafsson	SWE	49.47		

7	Jakob Grandekrans	SWE	49.34
8	Hilmar Örn Jónsson	ISL	49.07

Series	1	2	3	4	5	6
1	54.55	56.60	57.58	X	X	55.35
2	54.70	53.36	54.91	52.49	54.22	54.99
3	X	54.46	54.17	53.69	50.85	53.68
4	52.45	52.79	X	53.37	X	54.21
5	X	49.22	49.86	47.66	X	50.22
6	X	49.47	47.48	X	X	X
7	X	X	X	49.34	X	X
8	X	46.94	49.07	47.81	46.52	X

Hammer throw				30 Aug
1	Hilmar Örn Jónsson	ISL	77.60	
2	Aleksi Jaakkola	FIN	74.08	
3	Aaron Kangas	FIN	70.63	
4	Anton Andersson	SWE	65.78	
5	Jon Nerdal	NOR	62.88	
6	Hans Sande	NOR	60.67	
7	Tobias Hagström	SWE	55.94	
8	Hans Barrett	DEN	49.05	

Series	1	2	3	4	5	6
1	73.59	77.59	X	77.60	76.01	72.08
2	X	X	X	72.78	74.08	X
3	65.59	67.84	70.47	70.63	X	70.39
4	61.39	65.10	X	X	65.78	64.97
5	X	X	62.88	62.76	62.02	61.70
6	X	60.67	60.22	X	X	X
7	X	X	55.60	X	X	55.94
8	47.04	49.05	48.55	X	X	48.79

Javelin throw				29 Aug
1	Simon Litzell	SWE	67.65	
2	Aleksi Lehto	FIN	64.55	
3	Tuomo Kaurila	FIN	64.38	
4	Mikkel Garbrecht	DEN	62.32	
5	Kamil Kaminski	SWE	59.60	
6	Alexander Skorpen	NOR	57.12	
7	Jarl Bjørklund	NOR	56.46	

Series	1	2	3	4	5	6
1	60.31	63.83	62.39	59.36	67.65	X
2	62.80	64.22	63.87	63.17	64.55	59.93
3	64.38	X	X	60.92	X	X
4	60.31	56.98	59.16	58.36	58.51	62.32
5	55.20	59.14	59.60	X	X	51.95
6	55.77	55.58	57.12	X	56.38	X
7	X	56.46	53.54	X	52.75	X

4x100 m relay				29 aug
1	NOR	40.18	(Sondre Loftås Kåstad, Even Meinseth, Jonathan Quarcoo, Karsten Warholm)	
2	FIN	41.10	(Ilari Manninen, Oskari Lehtonen, Willem Kajander, Kristian Bäck)	
3	DEN/ISL	41.13	(Kojo Musah, Rasmus Mohr Ernst, Peter Trajkovski Sørensen, Frederik Schou Nielsen)	
	SWE	DQ:R170.7	(Giovanni Inostroza, Isak Andersson, Victor Fingal, Gustav Kjell)	

4x400 m relay				30 Aug
1	NOR	3:15.35	(Markus Einan, Markus Berner, Sondre Dingsør, Karsten Warholm)	
2	FIN	3:17.35	(Filip Johansson, Eemeli Välimäki, Julius Uutela, Juho Pirsanen)	
3	SWE	3:17.76	(Victor Fingal, Andreas Movin, Akexander Lundskog, Isak Andersson)	
4	DEN/ISL	3:18.45	(Tristan Freyr Jónsson, Kormákur Ari Hafliðason, Emil Søndergaard, Kristan Uldberg)	

Points Men	Nation	Day 1	Day 2	Total
	NOR	111	78,5	189,5
	FIN	86	99	185
	SWE	95	79,5	174,5
	DEN/ISL	49	48	97

Women

100 m				29 Aug	+3,3
1	Helene Rønningen	NOR	11.59		
2	Ingvild Meinseth	NOR	11.71		
3	Emilia Kjellberg	SWE	11.73		
4	Netta Myllynen	FIN	11.78		
5	Milla Heiskanen	FIN	11.84		
6	Hanna Hoff	SWE	11.91		
7	Camilla Motzkus	DEN	12.04		
8	Emma Beiter Bomme	DEN	12.28		

200 m				30 Aug	+2,8
1	Emily Rose Norum	NOR	23.97		
2	Emma Koistinen	FIN	24.24		
3	Ingvild Meinseth	NOR	24.39		
4	Hanna Hoff	SWE	24.45		
5	Anne Sofie Kirkegaard	DEN	24.63		
6	Sara Jokinen	FIN	24.77		
7	Þórdís Eva Steinsdóttir	ISL	24.91		
8	Emma Jansson	SWE	25.10		

400 m				29 Aug
1	Emily Rose Norum	NOR	53.96	
2	Hilla Uusimäki	FIN	54.03	
3	Sara Dorthea Jensen	NOR	54.19	
4	Þórdís Eva Steinsdóttir	ISL	55.26	
5	Alice Svantesson	SWE	56.49	
6	Eliisa Räsänen	FIN	57.17	
7	Freja Wærness	DEN	57.18	
8	Johanna Dyremark	SWE	62.13	

800 m				29 Aug
1	Malin Edland	NOR	2:07.09	
2	Johanna Matintalo	FIN	2:07.85	
3	Mia Helene Mørck	DEN	2:09.62	
4	Linn Söderholm	SWE	2:10.63	
5	Amalie Sæten	NOR	2:10.67	
6	Patricia Striner	SWE	2:11.65	
7	Josephine Thestrup	DEN	2:12.10	
8	Sanni Taipalus	FIN	2:16.22	

1500 m				30 Aug
1	Ingrid Halvorsen Folvik	NOR	4:19.20	
2	Line Kalstrup Schulz	DEN	4:21.80	
3	Johanna Matintalo	FIN	4:27.59	
4	Josephine Thestrup	DEN	4:30.49	
5	Linn Söderholm	SWE	4:36.30	
6	Aino Kivenmäki	FIN	4:41.10	
7	Camilla Ziesler	NOR	4:41.84	
8	Isabella Andersson	SWE	4:52.95	

3000 m				29 Aug
1	Anna Emilie Møller	DEN	9:29.90	
2	Alisa Vainio	FIN	9:34.39	
3	Carolina Johnson	SWE	9:44.94	
4	Live Solheimdal	NOR	9:45.73	
5	Aino Kivenmäki	FIN	9:59.45	
6	Malin Jonson	SWE	10:10.26	
7	Inga Kårstad Skaar	NOR	10:10.66	
8	Andrea Kolbeinsdóttir	ISL	10:34.29	

100 m hurdles				30 Aug	+1,8
1	Emma Koistinen	FIN	13.66		
2	Hanna Palmqvist	SWE	13.90		

3	Adriana Janic	SWE	14.00
4	Kristi Strømmen Kjerpeset	NOR	14.09
5	Ida Eikeng	NOR	14.26
6	Jessi Landström	FIN	14.28
7	Irma Gunnarsdóttir	ISL	15.13
8	Sophie Roessler	DEN	15.13

400 m hurdles				29 Aug
1	Anne Sofie Kirkegaard	DEN	59.11	
2	Hanna Palmqvist	SWE	59.28	
3	Karoline Daland	NOR	59.32	
4	Marie Skjæggestad	NOR	60.68	
5	Jessica Rautelin	FIN	60.82	
6	Johanna Dyremark	SWE	61.98	
7	Kristiina Halonen	FIN	62.21	
8	Guðbjörg Bjarkadóttir	ISL	66.37	

3000 m steeplechase				30 Aug
1	Alisa Vainio	FIN	10:02.45	
2	Amelie Svensson	SWE	10:44.54	
3	Live Solheimdal	NOR	10:49.12	
4	Louise Rode	DEN	10:52.78	
5	Linn Bengtsson	SWE	11:00.21	
6	Sofia Muinonen	FIN	11:07.60	
7	Andrea Kolbeinsdóttir	ISL	11:21.04	
8	Clara Sagnes Wågan	NOR	11:30.05	

High jump				30 Aug
1	Ellen Ekholm	SWE	1.79	
2	Ilona Äyräväinen	FIN	1.77	
3	Tina Bischoff Gellin	DEN	1.71	
4	Rikke Andersen	DEN	1.71	
5	Lovisa Östervall	SWE	1.71	
6	Maria Huntington	FIN	1.69	
7	Caroline Fleischer	NOR	1.69	
8	Thea Leirfall Bremset	NOR	1.60	

Series	1.55	1.60	1.63	1.66	1.69	1.71	1.73	1.75	1.77	1.79	1.84
1											xxx
2											xxx
3											xxx
4											xxx
5											xxx
6											xxx
7											xxx
8											xxx

Pole vault				29 Aug
1	Lene Retzius	NOR	4.17	
2	Klara Mattsson	SWE	3.95	
3	Annika Jönsson	SWE	3.85	
4	Johanne Larsen	NOR	3.55	
5	Soile Koponen	FIN	3.40	
6	Sara Heikkilä	FIN	3.40	
	Mira Guldbrandsen	DEN	NM	

Series	3.00	3.20	3.40	3.55	3.65	3.75	3.85	3.95	4.00	4.05	4.17	4.25
1												xxx
2												xxx
3												xxx
4												xxx
5												xxx
6												xxx

Long jump				30 Aug
1	Heta Haapala	FIN	6.00	
2	Emma Pullola	FIN	5.98	
3	Emma Stenlöf	SWE	5.98	
4	Jonna Lindén	SWE	5.96	
5	Laura Tølløse	DEN	5.68	
6	Emilie Berge	NOR	5.68	

7	Emma Beiter Bomme	DEN	5.51
8	Caroline Fleischer	NOR	5.50

Series	1	2	3	4	5	6
1	5.81	5.84	5.81	5.71	5.95	6.00
	-0,1	+1,6	+0,7	+0,3	+1,6	+0,8
2	5.98	X	X	X	5.93	5.89
	+1,5				+0,4	+1,1
3	5.90	X	5.98	5.75	5.88	X
	-0,6		-0,2	+0,8	+0,8	
4	X	X	5.96	X	5.93	5.82
			+1,0		+2,6	+0,4
5	X	X	5.67	5.57	5.63	5.68
			+0,6	-0,5	+1,0	+1,9
6	5.57	5.68	5.67	5.61	5.52	X
	0,0	+0,5	+0,7	-0,4	-1,7	
7	5.51	X	5.27	5.44	X	X
	-0,2		+0,5	-0,9		
8	5.09	X	4.77	X	X	5.50
	+0,9		+0,2			+1,8

Triple jump				29 Aug
1	Emma Pullola	FIN	13.13	
2	Senni Salminen	FIN	12.73	
3	Mari Sellevåg Aarø	NOR	12.72	
4	Beatrice Lantz	SWE	12.38	
5	Emilia Hammarström	SWE	12.07	
6	Anna Eikebrokk	NOR	11.92	
7	Sofie Levin Rasmussen	DEN	11.24	

Series	1	2	3	4	5	6
1	13.08	X	X	X	13.13	12.82
	+2,5				+3,8	+2,2
2	X	12.73	12.65	12.71	X	X
		+3,5	+3,4	+2,7		
3	11.19	12.72	12.31	12.42	X	X
	+3,0	+2,8	+5,4	+3,2		
4	12.38	12.08	X	12.10	X	X
	+5,8	+3,6		+2,5		
5	12.07	X	-	-	-	-
	+3,5					
6	11.72	11.42	11.44	11.57	11.71	11.92
	+5,0	+2,5	+3,9	+3,2	+6,4	+3,8
7	11.13	10.87	11.11	X	11.24	11.12
	+4,6	+0,3	+2,7		+2,9	+3,0

Shot put				30 Aug
1	Sara Lennman	SWE	14.78	
2	Eveliina Rouvali	FIN	14.36	
3	Agnes Larsson	SWE	14.28	
4	Matilde Roe	NOR	12.87	
5	Marie Aagaard Nielsen	DEN	12.85	
6	Oona Vilermo	FIN	12.69	
7	Irma Gunnarsdóttir	ISL	12.67	
8	Beatrice Nedberge Llano	NOR	11.90	

Series	1	2	3	4	5	6
1	13.95	X	14.14	14.29	14.78	14.29
2	13.92	X	X	X	14.36	13.83
3	14.28	13.63	13.88	X	14.15	13.90
4	12.42	12.83	12.87	12.71	12.83	12.67
5	12.84	12.23	12.50	12.12	12.85	12.53
6	12.40	12.50	X	12.69	X	X
7	11.92	12.25	X	X	12.67	X
8	11.51	11.90	X	X	X	11.65

Discus throw				29 Aug
1	Lisa Brix Pedersen	DEN	48.92	
2	Krista Uusi-Kinnala	FIN	47.85	
3	Vilma Paakkala	FIN	47.10	
4	Matilde Roe	NOR	45.29	
5	Marie Aagaard Nielsen	DEN	43.50	
6	Lovisa Sjöstrand	SWE	42.34	
7	Berit Stunes Isene	NOR	40.47	
8	Linn Bergstrand	SWE	39.48	

Series	1	2	3	4	5	6
1	38.82	46.74	46.70	X	44.01	48.92
2	43.78	42.27	44.24	45.96	47.85	X
3	44.17	44.35	44.08	X	X	47.10
4	44.70	X	45.29	X	X	X
5	36.46	43.24	43.50	40.20	41.96	40.25
6	40.75	41.50	X	42.34	X	X

7	40.47	39.34	38.42	39.26	36.89	40.24
8	37.93	38.57	X	X	39.48	X

Hammer throw		29 Aug	
1	Beatrice Nedberge Llano	NOR	65.34
2	Suvi Koskinen	FIN	61.94
3	Frida Bååth	SWE	59.41
4	Rmma Thor	SWE	58.88
5	Tiina Rinnekari	FIN	58.67
6	Helene Sofie Ingvaldsen	NOR	58.39
7	Vigdís Jónsdóttir	ISL	56.38
8	Sofie Dahl	DEN	46.37

Series	1	2	3	4	5	6
1	X	64.35	65.34	X	62.02	X
2	60.45	X	61.32	X	61.94	X
3	59.41	57.10	53.56	56.51	55.97	54.38
4	X	57.20	X	56.96	X	58.88
5	56.51	X	X	55.70	58.28	58.67
6	57.15	56.50	57.19	58.39	56.81	57.00
7	55.07	56.38	X	53.85	56.33	X
8	X	44.53	X	46.37	X	X

Javelin throw		30 Aug	
1	Marie-Therese Obst	NOR	54.98
2	Merja Perätaalo	FIN	51.32
3	Stella Weinberg	NOR	48.81
4	Linn Peura	SWE	47.76
5	Fawzie Randi Otour	DEN	45.72
6	Noora Ruuska	FIN	41.14
7	Irma Gunnarsdóttir	ISL	40.68
8	Linn Riddarström	SWE	39.55

Series	1	2	3	4	5	6
1	51.82	54.20	54.98	X	X	X
2	44.44	51.20	51.32	45.13	47.05	X
3	44.52	X	48.08	48.81	47.06	47.64
4	46.76	47.76	X	X	44.61	X
5	44.15	42.90	44.31	42.53	44.09	45.72
6	39.54	40.17	39.60	X	40.79	41.14
7	34.49	39.40	36.90	40.68	37.14	37.48
8	35.57	39.55	X	38.59	X	-

4x100 m relay		29 Aug	
1	NOR	46.12	(Live Haugstad Hilton, Ida Eikeng, Ingvald Meinseth, Helene Rønningen)
2	SWE	46.43	(Emma Jansson, Adriana Janic, Emilia Kjellberg, Hanna Hoff)
3	DEN/ISL	47.01	(Sophie Roessler, Emma Beiter Bomme, Anne Sofie Kirkegaard, Camilla Motzkus)
4	FIN	67.89	(Milla Heiskanen, Netta Myllynen, Sara Jokinen, Emma Koistinen)
4x400 m relay		30 Aug	
1	NOR	3:38.39	(Emily Rose Norum, Karoline Daland, Ingrid Nordahl, Sara Dorthea Jensen)
2	FIN	3:43.89	(Jessica Rautelin, Elisa Räsänen, Kristiina Halonen, Hilla Uusimäki)
3	SWE	3:45.62	(Alice Svantesson, Akexandra Everett, Johanna Dyremark, Ebba Svantesson)
4	DEN/ISL	3:48.23	(Freja Wærness, Guðbjörg Bjarkadóttir, Mia Helene Mørck, Þórdís Eva Steinsdóttir)

Points Women	Nation	Day 1	Day 2	Total
	NOR	111	77	188
	FIN	92	94	186
	SWE	83	83	166
	DEN/ISL	59	58	117

Nordic Cross Country Championships

Göteborg, SWE 7. Nov.

Men		9 km
1	Olle Walleräng	SWE 27:10
2	Ole Hesselbjerg	DEN 27:17
3	David Nilsson	SWE 27:20
=4	Hans Kristian Fløystad	NOR 27:23

=4	Napoleon Salomon	SWE	27:23
6	Thijs Nijhuis	DEN	27:25
7	Johan Larsson	SWE	27:26
8	Jussi Utriainen	FIN	27:35

=9 Audun Nordtveit, NOR 27:40, =9 Mads Tærstøl, DEN 27:40, 11 Jesper Faursschou, DEN 27:42, =12 Erik Udø Pedersen, NOR 27:45, =12 Marius Øyre Vedvik, NOR 27:45, 14 Lars Södergård, SWE 27:52, 15 Johan Bugge, NOR 27:54, 16 Peter Glans, DEN 28:00, 17 Andreas Åhwall, SWE 28:09, 18 Jaakko Nieminen, FIN 28:29, 19 Ilari Piipponen, FIN 29:01, 20 Oscar Claesson, SWE 29:03, 21 Antti-Pekka Niinistö, FIN 29:33, 22 Jonathan Weichbrodt, SWE 29:46

Teams:

1 SWE 15 (Olle Walleräng, David Nilsson, Napoelon Salomon, Johan Larsson)
2 DEN 28 (Ole Hesselbjerg, Thijs Nuihuis, Mads Tærstøl, Jesper Faursschau)
3 NOR 37 (Hans Kristian Fløystad, Audun Nordtveit, Erik Udø Pedersen, Marius Øyre Vedvik)

U20		6 km
1	Jakob Ingebrigtsen	NOR 18:30
=2	Stian Øvergaard Aarvik	NOR 18:36
=2	Suldan Hassan	SWE 18:36
4	Sigurd Ruud Skjeseth	NOR 18:45
5	Kristian Holm Jensen	DEN 18:48
6	Andreas Holst Lindgreen	DEN 18:51
7	Joachim Weel Rosbo	DEN 18:53
8	Mohammed Mohamoud	SWE 18:56

9 Andreas Wathne, NOR 18:57, 10 Emil Danielsson, SWE 19:03, 11 Vidar Johansson, SWE 19:05, 12 Albert Sperstad, NOR 19:08, 13 Leo Magnusson, SWE 19:13, 14 Gabriel Sandör, SWE 19:36, 15 Tomi Lehto, FIN 19:50, 16 Emil Holm, DEN 20:06, 17 Pekka Antikainen, FIN 20:09

Teams:

1 NOR 7 (Jakob Ingebrigtsen, Stian Øvergaard Aarvik, Sigurd Ruud Skjeseth)
2 DEN 18 (Kristian Holm Jensen, Andreas Holst Lindgreen, Joachim Weel Rosbo)
3 SWE 20 (Suldan Hassan, Mohammed Mohamoud, Emil Danielsson)

Women

Senior		7,5 km
1	Johanna Peiponen	FIN 25:06
2	Simone Glad	DEN 26:05
3	Sara Holmgren	SWE 26:15
4	Maja Alm	DEN 26:23
5	Annemari Kiekara	FIN 26:36
6	Eli Anne Dvergsdal	NOR 26:40
7	Linn Nilsson	SWE 26:48
8	Kirsten Marathon Melkevik	NOR 26:55

9 Heidi Pharo, NOR 26:56, 10 Hedda Bångman, SWE 27:04, 11 Anne Kristine Nevin, NOR 27:18, 12 Laura Markovaara, FIN 27:25, 13 Frida Kristiansson, SWE 27:27, 14 Ronja Fjellner, SWE 27:45, 15 Frida Aspnäs, SWE 28:10, 16 Zenia Hejlskov Mogensen, DEN 28:15, 17 Marna Leila Vandsdal Egholm, DEN 33:00

Teams:

1 FIN 18 (Johanne Peiponen, Annemari Kiekara, Laura Markovaara)
2 SWE 20 (Sara Holmgren, Linn Nilsson, Hedda Bångman)
3 DEN 22 (Simone Glad, Maja Alm, Zenia Hejlskov Mogensen)
4 NOR 23 (Eli Anne Dvergsdal, Kirsten Marathon Melkevik, Heidi Pharo)

U20		4,5 km
1	Alisa Vainio	FIN 15:19
2	Anna Emilie Møller	DEN 15:29
3	Johanna Matintalo	FIN 15:35
4	Louise Rode	DEN 15:42
5	Line K. Schulz	DEN 15:45
6	Live Solheimdal	NOR 15:53
7	Aino Kivenmäki	FIN 15:55
8	Anna Mark Helwigh	DEN 16:03

9 Mariann Roe, NOR 16:05, 10 Amélie Svensson, SWE 16:06, 11 Josephine Thestrup, DEN 16:16, 12 Stine Wangberg, NOR 16:19, 13 Malin Jonsson, SWE 16:21, 14 Clara Kall, DEN 16:23, 15 Jill Høstman, SWE 16:26, 16 Mpa Gålnander, SWE 16:28, 17 Thea Boström, SWE 16:32, 18 Alice Greberg, SWE 17:16, 19 Hanne Mjølén Maridal, NOR 17:32, 20 Emma Magnusson, SWE 25:37

Teams:

=1 FIN 11 (Alisa Vainio, Johanna Matintalo, Aino Kivenmäki)
=1 DEN 11 (Anna Emilie Møller, Louise Rode, Linn K. Schulz)

3 NOR 27 (Live Solheimdal, Mariann Roe, Stine Wangberg)

4 SWE 38 (Amélie Svensson, Malin Jonsson, Jill Höstman)