

This year consists of the following competitions:

11.2	Steinkjer, NOR	2 nd Nordic Indoor Match (FIN-NOR-SWE only)
19.5	København, DEN	16 th Nordic 10000m Challenge
16.-17.6	Sandnes, NOR	40 th Nordic Junior Championships Combined Events
21.-22.7	Jessheim, NOR	7 th Nordic-Baltic U23 Championships
18.-19.8	Växjö, SWE	9 th Nordic U20 Match & Championships
15.9	Eskilstuna, SWE	31 st Nordic Race Walking Championships
10.11	København, DEN	16 th Nordic Cross Country Championships

2nd Nordic Indoor Match (FIN-NOR-SWE only)

Steinkjerhallen, Steinkjer, NOR 11 Feb

Men

60 m				11 Feb
1	Jaysuma Saidy Ndure	NOR	6.69	
2	Jonathan Åstrand	FIN	6.79	
3	Odain Rose	SWE	6.83	
4	David Sennung	SWE	6.88	
5	Olli Pantanen	FIN	6.92	
6	Tormod Hjortnæs Larsen	NOR	6.96	

200 m				11 Feb
Heat				
A	B			
1	1	Jonathan Åstrand	FIN	21.24
2	2	Nil de Oliverira	SWE	21.28
3	3	Tormod Hjortnæs Larsen	NOR	21.62
4	1	Benjamin Olsson	SWE	21.81
5	2	Jani Koskela	FIN	21.89
6	3	Eirik Tanberg	NOR	22.06

400 m				11 Feb
1	Felix Francois	SWE	48.18	
2	Mauritz Kåshagen	NOR	48.61	
3	Petteri Monni	FIN	48.67	
4	Andreas Roth	NOR	48.70	
5	Johan Eriksson	SWE	49.22	
6	Jussi Heikkilä	FIN	49.96	

800 m				11 Feb
1	Johan Svensson	SWE	1:50.18	
2	Karim Mohammadi	SWE	1:51.53	
3	Thomas Roth	NOR	1:51.92	
4	Filip Ingebrigtsen	NOR	1:52.10	
5	Tuomo Salonen	FIN	1:52.11	
6	Tommy Gränlund	FIN	1:52.72	

Extra: Lars Eric Sæther, NOR DNF

1500 m				11 Feb
1	Henrik Ingebrigtsen	NOR	3:44.00	
2	Tommi Sundell	FIN	3:47.95	
3	Johan Waldén	SWE	3:48.06	
4	Vetle Aasland	NOR	3:55.20	
5	Joonas Lehtinen	FIN	3:55.86	
6	Thobias Ekhamre	SWE	4:01.50	

Extra: Emil Ovestad, NOR DNF

3000 m				11 Feb
1	Nacerdinne Hallil	SWE	8:05.03	
2	Bjørnar Ustad Kristensen	NOR	8:06.65	
3	Jukka Keskisalo	FIN	8:07.39	
4	Staffan Ek	SWE	8:18.16	
5	Johannes Alnes	NOR	8:20.36	
6	Rami Tuokko	FIN	8:26.29	

Extra: Terje Snarby, NOR DNF

60 m hurdles				11 Feb
1	Vladimir Vukicevic	NOR	7.86	
2	Alexander Brorsson	SWE	7.91	
3	Juha Sonck	FIN	7.92	
4	Jussi Kanervo	FIN	8.05	
5	Hans Olav Uldal	NOR	8.23	
6	Marvin Tay	SWE	8.25	

High jump				11 Feb
1	Jussi Viita	FIN	2.19	
2	Mehdi Alkhatib	SWE	2.16	
3	Mauri Kaattari	FIN	2.13	
4	Kristoffer Nilsen	NOR	2.13	
5	Emil Svensson	SWE	2.13	
6	Christian Bøe Helland	NOR	2.05	

Series	1.95	2.00	2.05	2.10	2.13	2.16	2.19	2.22
1					o	-	xo	xxx
2			o	o	o	xo	xxx	
3	o	o	o	o	o	xxx		
4			o	xo	xxx			
5			o	xxo	o	xxx		
6	o	xo	xo	xxx				

Pole vault				11 Feb
1	Jere Bergius	FIN	5.15	
1	Eemili Salomäki	FIN	5.15	
3	Simon Gyllensten	SWE	5.10	
4	Gustaf Hultgren	SWE	5.00	
5	Eirik Greibrokk Dolve	NOR	4.70	
	Per Magne Florvaag	NOR	DNS	

Series	4.40	4.60	4.70	4.80	4.90	5.00	5.10	5.15	5.20	5.25	5.30	5.40	5.50	5.60
1								o	-	-	-	xx-	-	x
3				xxo	-	-	xo	-	-	xxx				
4				o		o	-	xxx						
5	o	o	o	xxx										

Long jump				11 Feb
1	Michel Tornéus	SWE	7.63	
2	Tommy Evilä	FIN	7.62	
3	Otto Kilpi	FIN	7.48	
4	Rune Augdal	NOR	7.24	
5	Vetle Utsi Onstad	NOR	7.12	
6	Mattias Sunneborn	SWE	7.02	

Series	1	2	3	4	5	6
1	7.63	7.60	7.59	x	x	7.38
2	7.32	7.42	7.48	7.40	7.62	7.57
3	7.31	x	7.30	7.47	7.44	7.48
4	6.68	7.18	7.24	x	7.16	7.14
5	7.05	7.12	6.99	x	7.07	6.65
6	6.99	7.01	7.02	6.95	6.92	7.02

Triple jump				11 Feb
1	Simon Karlén	SWE	15.94	
2	Aleksi Tammentie	FIN	15.66	
3	Jonathan Varela Byrkjenes	NOR	15.06	
4	Vetle Utsi Onstad	NOR	14.84	
5	Daniel Falk	SWE	14.82	

6	Matti Mäkitalo					FIN	14.76
Series	1	2	3	4	5	6	
1	15.65	-	15.94	15.60	-	X	
2	15.52	-	15.66	-	X	15.48	
3	15.06	X	14.77	-	-	X	
4	14.05	13.70	14.82	14.84	-	14.68	
5	14.35	14.82	14.46	-	-	14.80	
6	14.04	14.76	14.49	14.56	-	X	

Shot put			11 Feb
1	Leif Arrhenius	SWE	19.50
2	Tomas Söderlund	FIN	18.56
3	Mats Olsson	SWE	17.66
4	Henri Pakisjärvi	FIN	17.59
5	Stian Andersen	NOR	16.83
6	Fredrik Simensen	NOR	14.03

Series	1	2	3	4	5	6	
1	X	18.78	19.24	X	19.50	X	
2	17.58	17.99	X	18.09	19.34	18.56	
3	17.33	17.44	17.21	17.20	17.66	17.38	
4	16.62	16.79	17.58	X	17.59	X	
5	16.17	X	X	16.42	16.83	16.81	
6	13.61	X	13.90	14.03	13.92	13.70	

4x200 m relay					11. Feb	
1	SWE	1:26.71	(Patrik Andersson, Benjamin Olsson, Hampus Forsberg, Nil de Oliveira)			
2	NOR	1:27.25	(Tormod Hjortnæs Larsen, Erik Tanberg, Henrik Johnsen, Håkon Morken)			
3	FIN	1:27.50	(Jussi Kanervo, Olli Rantanen, Jussi Heikkilä, Jani Koskela)			

Points Men	Nation	Total
	SWE	109
	FIN	90
	NOR	79

Women

60 m			11 Feb
1	Ezinne Okparaebo	NOR	7.27
2	Hanna-Maari Latvala	FIN	7.51
3	Caroline Sandsjö	SWE	7.58
4	Julia Skugge	SWE	7.59
5	Maria Räsänen	FIN	7.61
6	Astrid Mangen Cederkvist	NOR	7.75

200 m					11 Feb	
Heat						
A B						
1	1	Jessica Samuelsson	SWE	24.10		
2	2	Minna Laukka	FIN	24.25		
3	1	Caroline Sandsjö	SWE	24.31		
4	2	Anna Hämäläinen	FIN	24.43		
5	3	Astrid Mangen Cederkvist	NOR	24.46		
6	3	Line Kloster	NOR	24.69		

400 m				11 Feb
1	Moa Hjelmer	SWE	53.53	
2	Ella Räsänen	FIN	54.37	
3	Josefin Magnusson	SWE	54.45	
4	Line Kloster	NOR	54.63	
5	Nina K. Brandt	NOR	55.68	
6	Jenniina Halkoaho	FIN	56.78	

800 m			11 Feb
1	Karin Storbacka	FIN	2:09.67
2	Lisa Forsberg	SWE	2:11.00
3	Elin Moraiti	SWE	2:11.02
4	Heidi Pappila	FIN	2:11.47
5	Benedicte Hauge	NOR	2:11.68
6	Ida Fillingsnes	NOR	2:15.78

Extra: Hedda Hynne, NOR DNF

1500 m				11 Feb
1	Heidi Eriksson	FIN	4:24.43	
2	Viktoria Tegenfeldt	SWE	4:24.44	
3	Kaisa Tyni	FIN	4:24.49	
4	Linn Nilsson	SWE	4:27.26	
5	Frida Berge	NOR	4:31.90	
6	Sigrid Jervell Våg	NOR	4:43.72	
Extra: Yngvild Elvemo. NOR DNF				

Extra: Yngvild Elvemo, NOR DNF

3000 m				11 Feb
1	Meraf Bahta	SWE	9:37.02	
2	Christina Bus Holth	NOR	9:38.85	
3	Kristine Helle	NOR	9:39.47	
4	Minna-Maria Kangas	FIN	9:40.63	
5	Charlotta Fougberg	SWE	9:41.47	
6	Mira Tuominen	FIN	9:54.15	

60 m hurdles				11 Feb
1	Elisa Leinoen	FIN	8.34	
2	Emma Tuveson	SWE	8.39	
3	Ellinor Hallin	SWE	8.47	
4	Matilda Bogdanoff	FIN	8.54	
5	Tale Ørving	NOR	8.56	
6	Lene Secher Myrmel	NOR	8.58	

High jump				11 Feb
1	Tonje Angelsen	NOR	1.93	
2	Ebba Jungmark	SWE	1.91	
3	Emma Green	SWE	1.91	
4	Øyunn Grindem	NOR	1.88	
5	Elina Smolander	FIN	1.80	
6	Senni Ronkainen	FIN	1.80	

Series	1.65	1.70	1.75	1.80	1.85	1.88	1.91	1.93	1.95
1				XO	O	O	XXO	O	XXX
2				O	O	O	O	XXX	
3				O	O	XO	XO	XXX	
4				O	XO	O	XXX		
5	O	O	O	XO	XXX				
6	O	XO	O	XO	XXX				

<i>Pole vault</i>				11 Feb
1	Cathrine Larsåsen	NOR	4.41	
2	Malin Dahlström	SWE	4.15	
3	Minna Nikkanen	FIN	4.15	
4	Fanny Berglund	SWE	3.95	
5	Eeva Niemelä	FIN	3.80	
6	Lene Retzius	NOR	3.30	

Series	3.30	3.65	3.80	3.95	4.05	4.15	4.25	4.35	4.41	4.53
1					O	O	XO	XXO	O	XXX
2					O	O	O	XXX		
3					XO	O	XO	XXX		
4			XO	XO	XXX					
5		XXO	XO	XXX						
6	XXO									

Long jump				11 Feb
1	Erica Jarder	SWE	6.13	
2	Carolina Klüft	SWE	6.12	
3	Miia Kurppa	FIN	5.89	
4	Inger Anne Frøysedal	NOR	5.85	
5	Oda Utsi Onstad	NOR	5.75	
6	Jenni Kivioja	FIN	5.69	

Series	1	2	3	4	5	6	
1	6.03	6.13	4.90	5.98	5.96	X	
2	5.87	5.96	5.94	6.12	X	5.81	
3	X	5.67	5.79	5.89	5.71	X	
4	X	X	X	5.82	X	5.85	
5	5.75	X	X	X	X	X	
6	5.69	5.62	X	X	5.60	X	

<i>Triple jump</i>				11 Feb
1	Khaddi Sagnia	SWE	13.57	
2	Lynn Johnson	SWE	13.54	
3	Inger Anne Frøysedal	NOR	13.37	
4	Kristiina Mäkelä	FIN	13.01	
5	Oda Utsi Onstad	NOR	12.99	
6	Elina Torro	FIN	12.88	

Series	1	2	3	4	5	6
1	13.45	13.22	13.57	13.31	13.51	13.53
2	X	13.36	13.54	12.37	13.18	13.21
3	13.37	X	13.17	X	13.23	13.33
4	13.01	12.47	12.67	12.86	12.77	X
5	12.91	12.99	X	-	-	-
6	X	X	12.88	X	X	12.62

<i>Shot put</i>				11 Feb
1	Helene Engman	SWE	16.58	
2	Kristin Sundsteigen	NOR	15.52	
3	Jessica Samuelsson	SWE	15.07	
4	Niina Kelo	FIN	14.55	
5	Hennariikka Järvinen	FIN	13.88	
6	Silje Nordahl Disserud	NOR	13.81	

Series	1	2	3	4	5	6
1	15.90	16.33	16.58	16.12	X	16.45
2	14.35	14.78	15.52	X	X	15.16
3	14.82	X	15.07	X	X	X
4	14.27	X	14.03	14.55	X	13.88
5	12.40	13.62	13.40	13.81	X	13.88
6	12.76	13.81	11.71	13.26	13.34	13.30

<i>4x200 m relay</i>				9. Feb
1	SWE	1:36.89	(Pernille Nilsson, Josefin Magnusson, Elin Backman, Moa Hjelmer)	
2	FIN	1:37.57	(Hanna-Maari Latvala, Minna Laukka, Maria Räsänen, Anna Hämäläinen)	
3	NOR	1:38.37	(Astrid Cederkvist, Benedicte Hauge, Tara Maria Norum, Nina Brandt)	

Points Men	Nation	Total
	SWE	123
	FIN	83
	NOR	70

16th Nordic 10000 m Challenge

Østerbro Stadion, København, DEN 19 May

<i>Men</i>				19 May
1	Asbjørn Ellefsen	NOR	29:47.03	
2	Michael Nielsen	DEN	29:47.64	
3	Kari Steinn Karlsson	ISL	29:50.56	
4	Frederik Uhrbom	SWE	29:52.75	
5	Johan Damkjær	DEN	29:52.54	
6	Viljar Vallimäe	EST	29:53.07	
7	Miika Takala	FIN	29:55.36	
8	Aki Nummela	FIN	30:23.51	

9 Andreas Åhval, SWE 30:24.70, 10 Marius Vedvik, NOR 30:25.67, 11 Sergei Tserepannikov, EST 30:48.44, 12 Taivo Püi, EST 31.03.00

<i>Women</i>				19 May
1	Louise Wiker	SWE	34:28.50	
2	Elina Lindgren	FIN	34:32.66	
3	Hilde Aasheim	NOR	34:44.80	
4	Hanne Sande	NOR	34:46.64	
5	Cecilia Kleist	SWE	35:16.09	
6	Evelin Talts	EST	35:28.40	
7	Anna Holm Baumeister	DEN	35:42.14	
8	Mira Tuominen	FIN	35:43.81	

9 Egle Mätas, EST 37:04.13, 10 Bjørk Heurp Olsen, FRO 38:07.64, Liina Luik, EST DNF, Nina Chydenius, FIN DNF, Leila Luik, EST, DNS
Extra: Andrea Deelstra, NED 35:26.38

40th Nordic Junior Championships Combined Events

Sandnes Stadion, Sandnes, NOR 16-17 Jun

Men

<i>U23 Decathlon</i>				16-17 Jun
1	Fabian Rosenquist	SWE	7.369	
2	Martin Roe	NOR	7.331	
3	Otto Ylöstalo	FIN	7.015	
4	Joli Koivu	FIN	6.753	
5	Adam Björling	SWE	6.467	

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

Wind long jump												
1	11.29	7.25	12.74	1.91	49.58	15.11	39.29	4.45	46.73	4:34.04	+3,5	
	843	874	651	723	834	836	650	746	540	718		
2	11.08	6.83	14.32	1.85	51.01	16.12	44.46	4.25	61.55	4:52.60	+1,1	
	797	774	748	670	769	719	756	688	761	603		
3	11.53	6.77	13.31	1.82	51.85	15.53	33.31	4.55	54.69	4:37.26	+1,7	
	746	760	686	644	731	787	530	775	658	698		
4	11.69	6.76	12.54	1.91	53.26	15.49	37.60	4.05	54.90	5:01.60	+1,8	
	713	757	639	723	671	791	616	631	661	551		
5	11.52	6.79	12.64	1.70	51.53	16.30	28.98	3.95	53.45	4:47.31	+2,1	
	748	764	645	544	745	699	444	603	640	635	6.48 +0,3	

Wind: 100m -1,0 110m hurdles +0,7

Technical events

Series missing

<i>U20 Decathlon</i>				16-17 Jun
1	Juuso Hassi	FIN	7.120	
2	Fredrik Ekholm	SWE	6.772	
3	Aleksi Tuononen	FIN	6.757	
4	Jostein Andre Kvikstad	NOR	6.652	
5	Victor Ivarsson	SWE	6.546	
6	Rasmus Stene	NOR	5.971	
	Ingi Rúnar Kristinsson	ISL	DNF	
	Filip Hjorth	DEN	DNF	

(100m, Long jump, Shot put 6kg, High jump, 400m, 110m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

Wind long jump												
1	11.43	6.58	13.53	1.85	50.78	15.03	44.05	4.25	54.30	5:00.88	+2,0	
	767	716	700	670	779	846	747	688	652	555		
2	11.30	6.78	13.09	1.97	51.77	14.52	33.40	3.75	40.93	4:55.46	+1,3	
	795	762	673	776	735	908	532	549	456	586		
3	11.44	6.45	14.01	1.79	51.72	15.41	32.46	4.15	53.92	4:52.92	+2,2	
	765	686	729	619	737	801	513	659	647	601	6.24 +1,5	
4	11.60	6.30	11.78	1.91	53.30	15.42	37.26	3.55	62.83	4:53.40	+2,9	
	732	652	5.93	723	669	799	609	496	781	598	6.00 +0,6	
5	11.40	7.00	12.94	1.79	51.67	14.99	39.88	3.95	26.77	4:58.99	+1,5	
	774	814	664	619	739	851	662	603	254	566		
6	12.04	6.00	11.09	1.85	54.53	16.30	35.37	3.25	53.93	4:58.71	+3,2	
	643	587	551	670	618	699	571	418	647	567	5.98 +1,6	
	11.41	6.03	14.22	1.91	51.90	16.17	42.97	NM	44.13	DNS	+2,4	
	771	593	742	723	729	714	725	0	502			
	11.67	6.73	NM	DNS							+0,4	
	717	750	0									

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

Technical events

Series missing

<i>U18 Decathlon</i>				16-17 Jun
1	Fredrik Samuelsson	SWE	7.213	
2	Elmo Savola	FIN	7.132	
3	Andreas Carlsson	SWE	6.734	
4	Karsten Warholm	NOR	6.434	
5	Tuomo Marttila	FIN	6.428	
6	Kevin Frankl	SWE	6.086	
7	Joachim Afzähl	NOR	5.125	
	Sindri Hrafn Guðmundsson	ISL	DNF	

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

Wind long jump												
1	14.98	42.94	4.15	52.92	37.25	11.61	6.77	13.74	1.88	2:56.10	+1,5	
	852	725	659	632	744	730	760	712	696	703		

2	14.31	38.76	4.25	57.63	37.63	11.56	6.61	13.50	1.85	3:05.07	0,0
	935	639	688	702	722	740	723	698	670	615	
3	15.64	32.45	4.45	39.71	38.16	11.82	6.97	11.56	2.06	3:02.63	+1,0
	774	513	746	438	691	687	807	580	859	639	
4	14.58	26.37	3.05	37.73	35.27	11.34	6.99	10.58	1.91	3:00.93	+0,7
	901	394	369	409	865	786	811	521	723	655	
5	15.26	32.64	4.25	60.24	40.08	11.96	6.40	13.03	1.58	3:04.00	+0,3
	818	517	688	741	586	659	6.75	669	449	626	
6	15.53	34.76	3.45	45.26	38.61	11.81	6.15	12.04	1.70	3:04.08	+1,5
	787	559	469	519	666	689	619	609	544	625	
7	16.64	23.55	2.55	35.97	37.04	12.27	5.67	9.38	1.55	2:52.37	+1,1
	662	339	253	384	757	599	516	448	426	741	
	15.08	39.78	3.75	66.75	39.80	12.14	5.70	14.35	DNS		+0,9
	840	660	549	840	601	624	523	750			
Wind: 110m hurdles +0,3 100m -1,4											
Technical events											
Series missing											

Women			
U23 Heptathlon			
16-17 Jun			
1	Sofia Linde	SWE	5.724
2	Helga Margrét Þorsteinsdóttir	ISL	5.645
3	Sveinbjörg Zophoníasdóttir	ISL	5.290
4	Elise Malmberg	SWE	5.189
5	Therese Jernbeck	SWE	5.027
6	Tiina Säily	FIN	4.988
7	Martine Bye	NOR	4.448
	Suvi Liimatainen	FIN	DNF
	Nadja Casadei	SWE	5.783*

(* = not eligible for this competition)

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

1	14.05	1.73	13.76	25.59	6.06	38.42	2:25.87	+1,6	-1,3	-1,6	
	971	891	778	833	868	637	746				
2	15.08	1.70	14.30	26.21	5.42	46.52	2:14.76	+0,5	-1,3	-1,6	
	831	855	814	779	677	793	896				
3	15.97	1.67	12.49	26.55	5.85	38.79	2:25.70	+1,2	-1,8	-2,4	
	832	818	694	750	804	644	748				
4	14.36	1.61	11.19	25.20	5.97	24.96	2:20.61	+1,6	-1,8	-1,6	
	928	747	608	869	840	382	815				
5	15.29	1.52	11.75	25.90	5.35	38.84	2:19.82	+0,7	-1,8	-2,4	
	804	644	645	806	657	645	826				
6	14.69	1.58	11.31	27.12	5.22	40.26	2:23.02	+0,3	-1,8	-2,4	
	883	712	616	702	620	672	783				
7	16.51	1.61	10.13	28.46	5.00	36.96	2:25.73	+0,2	-1,8	-2,4	
	653	747	538	595	559	609	747				
	20.75	1.52	10.91	26.73	5.28	32.37	DNS	+1,3	-1,3	-1,6	
	243	644	589	734	637	522					
	14.14	1.64	13.18	25.06	6.13	37.60	2:13.75	+1,5	-1,3	-1,6	
	959	783	739	881	890	621	910				

Technical events

Series missing

U20 Heptathlon			
16-17 Jun			
1	Frida Thorsås	NOR	5.357
2	Henna Palosaari	FIN	5.167
3	Jutta Heikkinen	FIN	5.122
4	Arna Stefania Guðmundsdóttir	ISL	4.917
5	Anne Engen Andersen	NOR	4.840
6	Hanne Kantanen	FIN	4.771
7	Eline Breilid	NOR	4.636
8	Sofie Albrechtsen	DEN	4.630
9 Sabina Sandberg, SWE 4.403, 10 Sofia Jäger Stenberg, SWE 4.302, 11 Sofia Johnsson, SWE 4.286, Maria Rún Gunnlaugsdóttir, ISL DNF, Camilla L. Rønning, NOR DNF			
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)			

1	14.73	1.64	11.72	26.30	5.62	37.32	2:12.34	+0,5	-1,6	-2,4	
	878	783	643	771	735	616	931				
2	14.75	1.61	11.06	26.37	5.80	36.41	2:22.24	+2,2	-1,1	-3,0	
	875	747	599	765	789	599	793	5.48	+0,2		
3	14.93	1.67	10.31	26.02	5.17	41.16	2:20.82	0,0	-1,6	-2,4	

	851	818	550	795	606	690	812				
4	15.06	1.64	9.95	26.17	5.34	38.52	2:29.51	+0,2	-1,6	-2,4	
	834	783	526	782	654	639	699				
5	15.31	1.73	10.21	26.82	5.36	37.50	2:37.73	0,0	-1,6	-3,0	
	801	891	543	727	660	619	599				
6	14.34	1.58	12.11	26.91	5.19	27.53	2:29.53	+0,8	-1,1	-3,0	
	931	712	668	719	612	430	699				
7	14.51	1.49	9.74	25.94	5.37	31.12	2:33.94	+0,8	-1,1	-2,4	
	907	610	512	802	663	498	644				
8	15.52	1.70	10.93	26.88	5.01	27.16	2:29.23	+0,9	-1,6	-3,0	
	774	855	591	722	562	423	703				
9	15.30	1.61	9.60	28.06	5.24	28.64	2:33.62	+1,1	-1,1	-3,0	
	802	747	503	626	626	451	648				
10	15.30	1.52	9.41	27.98	5.26	28.66	2:33.36	+0,6	-1,6	-3,0	
	802	644	491	632	631	451	651				
11	15.05	1.49	9.21	27.22	5.29	17.82	2:23.22	+0,5	-1,1	-3,0	
	835	610	478	694	640	249	780				
	15.10	1.64	8.91	26.20	NM	40.41	DNS		-1,1	-2,4	
	828	783	458	780	0	675					
	17.01	1.46	12.47	DNS					-1,6	-2,4	
	595	577	692								

Technical events

Series missing

U18 Heptathlon			
16-17 Jun			
1	Emma Stenlöf	SWE	5.316
2	Miia Sillman	FIN	4.987
3	Malin Skogström	SWE	4.890
4	Rakel Rosshagen	SWE	4.860
5	Katariina Liipo	FIN	4.790
6	Ásgerður Jana Ágústsdóttir	ISL	4.495
7	Vilma Mainio	FIN	4.400
8	Dobregaite Leva	LTU	4.352

9 Motiejauskaite Ligita, LTU 4.281, 10 Hanne Andve, NOR 4.268, 11 Mette

Graversgaard, DEN 3.345

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

1	14.14	1.73	12.35	25.91	5.74	32.30	2:30.54	+3,6	0,0	-2,4	
	959	891	684	805	771	520	686	5.60	+1,6		
2	14.65	1.67	11.20	26.79	5.61	37.31	2:38.03	+0,9	0,0	-2,4	
	888	818	608	729	732	616	596				
3	14.63	1.67	11.76	26.33	5.20	33.06	2:29.24	+2,1	0,0	-2,4	
	891	818	645	685	614	535	702	3.46	+1,1		
4	14.58	1.55	11.67	26.41	5.17	31.85	2:24.36	+2,5	-0,4	-2,4	
	898	678	639	762	606	512	765	5.06	+0,6		
5	14.78	1.55	10.79	26.12	5.45	27.42	2:24.81	+3,3	0,0	-2,4	
	871	678	581	787	686	428	759	5.25	+1,2		
6	16.21	1.64	12.06	27.88	4.94	34.51	2:36.58	+0,5	-0,4	-0,9	
	689	783	665	640	543	562	613				
7	15.49	1.49	9.55	27.60	5.29	31.26	2:28.73	+1,1	0,0	-0,9	
	778	610	500	663	640	500	709				
8	15.84	1.52	11.55	26.51	5.12	26.46	2:38.73	+0,6	-0,4	-2,4	
	734	644	631	753	592	410	588				
9	16.71	1.46	13.29	28.63	4.93	38.94	2:41.27	+0,2	-0,4	-0,9	
	630	577	747	582	540	647	558				
10	15.44	1.40	9.94	26.99	4.92	26.89	2:23.45	0,0	-0,4	-0,9	
	784	512	526	713	538	418	777				
11	16.28	1.55	8.41	26.57	4.94	18.98	DNF	+1,4	0,0	-0,9	
	680	678	426	748	543	270	0				

Wind: 100m hurdles heat 1 0,0, heat 2 -0,4 200m heat 1 -2,4, heat 2 -0,9

Technical events

Series missing

6 th Nordic-Baltic U23 Championships			
Jessheim Stadion, Jessheim, NOR			
21-22 Jul			
Men			
100 m			
Heat			
A B			
1	1	Odain Rose	SWE 10.47
2	2	Ville Myllymäki	FIN 10.57
3	3	Benjamin Olsson	SWE 10.58
4	4	Richard Pulst	EST 10.64

5	5	Kasper Pöntinen	FIN	10.80
6	6	Torbjørn Lysne	NOR	10.85
7	7	Kostas Skrabulis	LTU	10.87
8	8	Per Magnus Solli	NOR	10.95
9	1	Vegard Øien	NOR	11.02
10	2	Johan Versluis	FIN	11.03
11	3	Einar Daði Lárusson	ISL	11.11
12	4	Thomas Firing	NOR	11.15
13	4	Ívar Kristinn Jasonarson	ISL	11.15

200 m

Heat

A B

1	1	Ville Wendelin	FIN	21.38
2	1	Patrik Andersson	SWE	21.39
3	2	Timo Tiismaa	EST	21.46
4	3	Kasper Pöntinen	FIN	21.46
5	2	Anders Erlend Idås	NOR	21.51
6	4	Torbjørn Lysne	NOR	21.53
7	5	Odain Rose	SWE	21.65
8	6	Per Magnus Solli	NOR	21.71
9	3	Markus Ellisaar	EST	21.72
10	4	Carl-Emil Kåshagen	NOR	21.76*
11	5	Vegard Øien	NOR	21.81
12	7	Nicklas B. Müller	DEN	21.86
13	6	Ívar Kristinn Jasonarson	ISL	21.89
14	7	Thomas Firing	NOR	22.41
X		Kostas Skrabulis	LTU	DNS

(* = Wild Card)

400 m

Heat

A B

1	1	Ville Wendelin	FIN	47.39
2	2	Axel Bergrahm	SWE	47.55
3	3	Christoffer Envall	FIN	47.97
4	4	Felix Francois	SWE	48.05
5	5	Thomas Roth	NOR	48.06
6	6	Andreas Roth	NOR	48.19*
7	1	Martin Loftås Kåstad	NOR	48.97
8	2	Ívar Kristinn Jasonarson	ISL	49.24
9	3	Eetu Viitala	FIN	49.58
10	4	Markus Koftås	NOR	50.53*
X		Anders Erlend Idås	NOR	DNF

(* = Wild card)

800 m

1	Thomas Roth	NOR	1:49.18
2	Rickard Gunnarsson	SWE	1:49.74
3	Nick R. Jensen	DEN	1:50.12
4	Vetle Aasland	NOR	1:50.40
5	Anton Asplund	SWE	1:52.58
6	Markus Jokinen	FIN	1:52.72
7	Snorri Sigurðsson	ISL	1:52.99
8	Vegard Løberg Gjelsvik	NOR	1:53.43

9 Juozas Gliėbus, LTU 1:53.49, 10 Ville Borgmästars, FIN 1:53.71, 11 Kauri Kivistik, EST 1:56.77, Saku Lehtikoinen FIN DNF

1500 m

1	Staffan Ek	SWE	4:08.28
2	Johannes Alnes	NOR	4:08.65
3	Vetle Aasland	NOR	4:08.93
4	Rickard Gunnarsson	SWE	4:10.37
5	Petra Gliėbus	LTU	4:10.51
6	Ville Borgmästars	FIN	4:10.71

7	Nick R. Jensen	DEN	4:11.82
8	Vegard Ølstad	NOR	4:11.96*

9 Mikko Pellinen, FIN 4:12.37, 10 Emil Blomberg, SWE 4:13.44, 11 Jørgen Frost Bø, NOR 4:14.58*, 12 Halfdan-Emil Færø, NOR 4:16.51*, 13 Kauri Kivistik, EST 4:40.49 (* = Wild card)

5000 m

1	Abdi Hakin Ulad	DEN	14:28.02
2	Anton Danielson	SWE	14:29.43
3	Ørjan Grønnevig	NOR	14:37.13
4	Olle Kalered	SWE	14:41.95
5	Martti Siikaluoma	FIN	14:42.91
6	Kalle Keskipoikela	FIN	14:52.84
7	Martynas Stanys	LTU	15:04.26
8	Jeppe Harboe	DEN	15:54.89

Intermediate times: 1000m Stanys 2:57.0, 2000m Stanys 6:00.0, 3000m Ulad 8:55.1, 4000m Ulad 11:47.3

110 m hurdles

1	Vladimir Vukicevic	NOR	13.70
2	Alexander Brorsson	SWE	14.19
3	Anton Levin	SWE	14.40
4	Juha-Matti Iso-Jakkola	FIN	14.59
5	Pasi Roslund	FIN	14.63
6	Christian L. Nielsen	DEN	14.95
	Jaako Malmivirta	FIN	DNS

400 m hurdles

1	Silvestras Guogis	LTU	50.39
2	Petteri Monni	FIN	51.48
3	Marius Bakken Støle	NOR	52.93
4	Erik Lindahl	SWE	53.57
5	Jonathan Carbe	SWE	54.28
6	Oliwer Åstrand	SWE	54.41
7	Ossi Linkoaho	FIN	55.61

3000 m steeplechase

1	Ole Hesselbjerg	DEN	8:58.89
2	Robin Lindgren	SWE	9:05.80
3	Allar Lamp	EST	9:07.08
4	Jonas Lurås Hammer	NOR	9:21.88*
5	Harald Kårbø	NOR	9:30.33
6	Hannu Granberg	FIN	9:38.49
7	Jimmy Finnholm	FIN	9:49.10
	Albin Olausson	SWE	DNF
	Vegard Løberg Gjelsvik	NOR	DNF

Intermediate times: 1000m Hesselbjerg 2:56.2, 2000m Hesselbjerg 5:55.5 (* = Wild Card)

High jump

1	Ernestas Raudys	LTU	2.08
2	Marcus Lundquist	SWE	2.05
3	Richard Östman	FIN	2.05
4	Erlend J. Rønningen	NOR	2.05
5	Arlind Shaluni	SWE	2.05
6	Christian Bøe Helland	NOR	2.00
7	Joonas Jokivartio	FIN	2.00
8	Frederik Jahr	NOR	1.95*

Series	1.90	1.95	2.00	2.05	2.08	2.12
1	o	o	o	o	o	xxx
2	o	o	xo	o	xxx	
3		o	o	xo	xxx	
3		o	o	xo	xxx	
5	o	o	o	xxo	xxx	
6	o	o	o	xxx		
7		xo	o	xxx		
8	o	o	xxx			

(* = Wild card)

Pole vault

1	Simon Gyllensten	SWE	5.00
2	Per Drageryd	SWE	4.90

3	Joonas Jokivartio	FIN	4.80
4	Jussi Kaavi	FIN	4.80
5	Einar Daði Lárússon	ISL	4.60
6	Odd Eiken	NOR	4.20
	Perttu Korhonen	FIN	NM

Series	4.20	4.40	4.50	4.60	4.70	4.80	4.90	5.00	5.05	5.10
1						XO	-	XXO	-	XXX
2				O	XO	XO	XXX			
3					O	XXX				
4					XXO	O	XXX			
5		XO	-	XO	XXX					
6	O	XXX								

Long jump		22 Jul	
1	Tomas Vitonis	LTU	7.72
2	Arttu Halmela	FIN	7.61
3	Jonas Mögenburg	NOR	7.48
4	Henri Väyrynen	FIN	7.43
5	Adam Chiguer	SWE	7.34
6	Hendrik Kutberg	EST	7.16
7	Alexander Wittlock	SWE	7.13
	Vetle Utsi Onstad (extra competitor)	NOR	7.50*

Series	1	2	3	4	5	6
1	7.08	7.72	X	-	7.25	-
	+1,3	+2,4			+3,9	
2	7.23	X	X	7.18	X	7.61
	+2,2			+2,1		+1,6
3	7.20	X	4.35	7.48	X	7.30
	+0,8		+1,3	+2,4		+2,5
4	X	7.22	X	X	7.43	X
		+0,5			+3,8	
5	X	7.34	X	X	6.39	7.29
		+1,6			+1,9	+2,6
6	7.09	X	X	7.13	7.04	7.16
	+2,0			+1,8	+1,4	+1,8
7	7.13	X	X	X	X	X
	+0,8					
	6.22	X	X	X	7.50	7.29
	+2,4				+2,1	+2,5

(* = Wild card)

Triple jump		21 Jul	
1	Igor Sjunin	EST	16.18
2	Moteba Leonard Mohamed	SWE	15.39
3	Erik Ehrlin	SWE	14.81
4	Jonathan Byrkjenes	NOR	14.68
5	Matti Mäkitalo	FIN	14.52
6	Jesper Vestbø	NOR	14.10*
7	Samuli Pitkänen	FIN	13.39

Series	1	2	3	4	5	6
1	X	15.97	16.18	-	-	-
		+3,5	+2,6			
2	15.00	15.35	15.04	15.09	15.15	15.39
	+0,2	-0,6	+1,6	+1,2	+1,4	+0,3
3	X	X	14.28	X	14.65	14.81
			-0,3		+0,8	+0,7
4	X	X	X	14.68	X	X
				+3,4		
5	X	14.17	14.27	14.52	X	14.37
		+1,3	+1,3	+1,1		+0,1
6	14.08	X	14.10	13.77	X	13.79
	+0,1		+2,0	+1,7		+0,2
7	X	X	X	X	13.39	-
					+1,7	

(* = Wild card)

Shot put		21 Jul	
1	Daniel Ståhl	SWE	18.31
2	Sarunas Banevicius	LTU	17.89
3	Mikko Toivaiainen	FIN	16.95
4	Arwid Koskinen	SWE	16.71
5	Tuomas Martin	FIN	16.52
6	Martin Roe	NOR	14.95
7	Fredrik Simensen	NOR	14.71

Series	1	2	3	4	5	6
1	18.04	18.02	X	18.14	18.08	18.31
2	16.56	17.13	X	16.94	17.89	17.80

3	16.42	16.75	16.38	16.85	X	X
4	X	16.34	16.54	X	X	16.71
5	4.25	15.79	16.52	X	X	X
6	13.75	14.76	14.58	X	X	14.95
7	X	X	14.58	14.71	X	X

Discus throw		22 Jul	
1	Andrius Gudzius	LTU	61.45
2	Daniel Ståhl	SWE	61.42
3	Ville Kivioja	FIN	57.54
4	Pýry Niskala	FIN	55.85
5	Priidu Niit	EST	55.27
6	Micael Ljungberg	SWE	51.45
7	Erik Fluge	NOR	50.50
8	Eivind Henriksen	NOR	50.46
9 Emil Mikkelsen, DEN 47.77, 10 Martin Roe, NOR 44.95, Andreas N.T. Jørgensen, DEN 43.26			

Series	1	2	3	4	5	6
1	61.46	X	X	X	X	X
2	58.20	61.42	60.94	X	60.89	X
3	57.54	55.50	53.88	53.22	X	54.99
4	X	X	55.85	55.56	X	51.22
5	54.29	X	X	55.27	X	X
6	X	47.96	X	47.34	47.49	51.45
7	45.17	43.77	48.02	46.77	48.74	50.50
8	X	X	50.46	X	-	-
9	X	47.77	42.98			
10	42.28	43.67	44.95			
11	X	43.26	X			

Hammer throw		21 Jul	
1	Eivind Henriksen	NOR	72.32
2	Markus Johansson	SWE	72.25
3	Kai Räsänen	FIN	65.19
4	Mattias Lindberg	SWE	62.75
5	Juha Rinto-aho	FIN	59.18
6	Richard Villanger	NOR	55.75

Series	1	2	3	4	5	6
1	72.06	X	72.32	71.91	X	70.36
2	70.99	71.72	71.60	72.25	X	70.82
3	X	62.96	63.54	63.40	65.11	65.19
4	X	62.29	59.08	60.58	61.86	62.75
5	X	X	57.89	X	58.19	59.18
6	55.65	55.40	X	X	55.75	X

Javelin throw		22 Jul	
1	Magnus Kirt	EST	75.63
2	Sami Peltomäki	FIN	74.63
3	Guðmundur Sverrisson	ISL	74.09
4	Toni Sirviö	FIN	72.91
5	Ranno Koorep	EST	69.68
6	Rainer Manninen	FIN	68.89
7	Örn Davíðsson	ISL	68.11
8	Størk Avelsgaard Lien	NOR	66.97

9 Pontus Björkvik, SWE 64.20, 10 Håkon Løvenskiold Kveseth, NOR 63.01*, 11 David Johansson, SWE 59.40, 12 Martin Roe, NOR 58.58 (* = Wild card)

Series	1	2	3	4	5	6
1	73.27	71.27	75.63	69.92	X	-
2	74.63	X	71.69	X	X	X
3	72.23	68.54	68.26	71.94	70.61	74.09
4	69.94	72.10	68.60	72.91	71.62	68.70
5	69.68	X	X	X	68.57	X
6	X	67.85	67.85	68.66	X	68.89
7	X	64.38	65.70	66.78	68.11	66.88
8	64.92	66.97	62.86	X	X	66.65
9	64.20	X	60.60			
10	X	62.48	63.01			
11	58.30	59.40	X			
12	58.16	58.58	56.91			

4x100 m relay		21 Jul	
1	SWE	39.98	(Alexander Brorsson, Benjamin Olsson, Patrik Andersson, Odain Rose)
2	EST	40.79	(Hendrik Kutberg, Timo Tiisma, Richard Pulst, Markus Ellisaar)
3	FIN	40.88	(Arttu Halmela, Ville Myllymäski, Johan Versluis, Kasper Pöntinen)
4	NOR	41.17	(Thomas Firing, Torbjørn Øysne, Vegard Øien, Per Magnus Solli)

4x400 m relay		22 Jul	
1	NOR	3:14.01	(Anders Erlend Idås, Torbjørn Lysne, Martin Loftås Kåstad, Thomas Roth)
2	FIN	3:15.44	(Petteri Monni, Markus Jokinen, Eetu Viitala, Christoffer Envall)
3	SWE	3:17.92	(Martin Bengtsson, Felix Francois, Oliwer Åstrand, Axel Begraham)

Women

100 m		21. jul	+1,0
1	Maria Räsänen	FIN	11.69
2	Freja Jernstig	SWE	11.79
3	Tiina Leppäkoski	FIN	11.98
4	Siv Krakeli Sneen	NOR	12.09
5	Pernilla Nilsson	SWE	12.11
6	Allvilde Grønneberg	NOR	12.12
7	Mari Gilde Brubak	NOR	12.16
8	Maarja Kalev	EST	12.38

200 m		22 Jul	+2,2
1	Line Kloster	NOR	23.88
2	Maria Räsänen	FIN	24.05
3	Pernilla Nilsson	SWE	24.17
4	Siv Krakeli Sneen	NOR	24.35
5	Freja Jernstig	SWE	24.41
6	Tiina Leppäkoski	FIN	24.46
7	Tara Marie Norum	NOR	25.00
8	Helin Meier	EST	25.12

400 m		21 Jul	
Heat			
A	B		
1	1	Trine H. Mjåland	NOR 55.29
2	2	Aino Paunonen	FIN 55.35
3	3	Elin Moraiti	SWE 55.51
4	4	Yngvild Elvemo	NOR 55.97
5	5	Helin Meier	EST 55.98
6	1	Jonna Skrifvars	FIN 56.04
7	2	Venla Paunonen	FIN 56.29
8	3	Therese Jernbeck	FIN 56.41
9	6	Tara Marie Norum	NOR 56.93
10	4	Hedda Hynne	NOR 58.13
	X	Eva Misunaite	LTU DNF

800 m		22 Jul	
1	Sara Kuivisto	FIN	2:14.64
2	Lovisa Lindh	SWE	2:14.97
3	Trine H. Mjåland	NOR	2:15.06
4	Yngvild Elvemo	NOR	2:15.08
5	Heidi Marttinen	FIN	2:15.97
6	Elin Moraiti	SWE	2:17.01
7	Aurora Dybedokken	NOR	2:17.50*
8	Ingeborg Kristine Lind	NOR	2:17.96

(* = Wild card)

1500 m		21. jul	
1	Sara Kuivisto	FIN	4:25.48
2	Kaisa Tyni	FIN	4:26.32
3	Linn Nilsson	SWE	4:26.49
4	Ingeborg Kristine Lind	NOR	4:26.85
5	Runa Skrove Falch	NOR	4:30.92
6	Heidi Marttinen	FIN	4:36.09
7	Aurora Dybedokken	NOR	4:36.24*

Ellen Aga Kildal, NOR DNF, Nathalie Rolén, SWE DNF (* = Wild card)

5000 m		22 Jul	
1	Kaisa Tyni	FIN	16:56.26
2	Runa Skrove Falch	NOR	16:59.82
3	Veronika B. Blom	NOR	17:11.48
4	Sanna Mustonen	SWE	17:15.89
5	Nina Chydenius	FIN	17:16.92
6	Karoline Skatteboe	NOR	17:26.11*
7	Nina Persson	SWE	17:47.98

Intermediate times: 1000m Persson 2:23.9, 2000m Mustonen 6:51.9, 3000m Persson 10:24.6, 4000m Falch 13:45.0 (* = Wild card)

100 m hurdles		22 Jul	+1,6
1	Matilda Bogdanoff	FIN	13.59
2	Caroline Lundahl	SWE	13.64
3	Lotta Harala	FIN	13.94
4	Malin Eriksson	SWE	14.12
5	Tine Teigene Dalen	NOR	14.18
6	Tiina Säily	FIN	14.59
7	Sveinbjörg Zophoníasdóttir	ISL	15.21

400 m hurdles		21 Jul	
1	Emma Millard	FIN	59.48
2	Irma Maciukaite	LTU	60.30
3	Sara Bley	SWE	61.18
4	Evelin Hindrikes	SWE	62.12
5	Céline Fogde	FIN	62.71
6	Emma Niemi	FIN	64.27

3000 m steeplechase		22 Jul	
1	Ingeborg Løvnes	NOR	10:26.35
2	Maria Borglund	SWE	10:29.60
3	Emma Dahl	SWE	11:06.77
4	Maria Miettinen	FIN	11:52.39

Intermediate times: 1000m Løvnes 3:21.0, 2000m Løvnes 6:52.0

High jump		22 Jul	
1	Victoria Dronsfield	SWE	1.88
2	Eleriin Haas	EST	1.88
3	Sofie Skoog	SWE	1.79
4	Tilda Hämäläinen	FIN	1.76
5	Katarina Mögenburg	NOR	1.65
6	Tiina Säily	FIN	1.60

Series	1.60	1.65	1.70	1.73	1.76	1.79	1.82	1.84	1.86	1.88	1.90
1											
2											
3											
4											
5											
6											

Pole vault		21 Jul	
1	Caroline B. Holm	DEN	4.20
2	Katrine Haarklau	NOR	3.90
3	Linn R. Jensen	DEN	3.90
4	Madeleine Nilsson	SWE	3.90
5	Sara Eriksson	SWE	3.80
6	Maarja Pärs	EST	3.70
7	Jatta Salmela	FIN	3.70
8	Katri Isomäki	FIN	3.40

9 Malin Vik Gregor, NOR NM* (* = Wild card)

Series	3.40	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40
1										
2										
3										
4										
5										
6										
7										
8										

Long jump			
21 Jul			
1	Sveinbjörg Zophoníasdóttir	ISL	6.06
2	Kristiina Pärn	EST	6.02
3	Essi Lindgren	FIN	5.98
4	Malin Olsson	SWE	5.92
5	Hanna Wiss	FIN	5.90
6	Chiamaka Okparaebo	NOR	5.77
7	Triin Erme	EST	5.74
8	Malin Eriksson	SWE	5.66
9 Frida Thorsås, NOR 5.57*, 10 Maarja Kalev, EST 5.53, Matilda Bogdanoff, FIN NM			
(* = Wild card)			

Series	1	2	3	4	5	6
1	5.80	5.98	5.92	5.90	6.06	X
	+1,5	+1,8	+0,1	+2,5	+1,8	
2	X	5.82	6.02	5.86	X	5.91
		+3,3	+1,8	+1,6		+2,0
3	5.51	5.84	X	X	5.98	X
	-0,8	+0,5			+1,6	
4	5.75	X	5.91	5.79	X	5.92
	+0,5		+0,5	-0,3		+1,4
5	5.77	X	X	5.77	5.75	5.90
	+0,9			+2,6	+1,5	+1,4
6	X	5.77	5.31	5.66	X	X
		+2,1	-0,4	+1,8		
7	X	X	5.63	5.58	X	5.74
			+1,3	+1,2		+1,3
8	X	X	5.66	4.33	5.45	X
			+2,0	+1,5	+1,2	
9	5.17	5.57	X			
	-1,3	+0,2				
10	5.29	5.48	5.53			
	+2,0	+1,4	+2,2			
	X	-	-			

Triple jump			
22 Jul			
1	Essi Lindgren	FIN	13.26
2	Jana Nosova	LTU	13.13
3	Chiamaka Okparaebo	NOR	12.85
4	Kristiina Pärn	EST	12.72
5	Triin Erme	EST	12.60
6	Madeleine Nilsson	SWE	12.30
7	Jasmin Sabir	SWE	11.93

Series	1	2	3	4	5	6
1	13.05	X	13.12	13.26	X	X
	+1,9		+1,2	+3,3		
2	12.74	12.98	13.01	12.89	13.07	13.13
	+3,8	+2,9	+2,0	+3,0	+1,3	+2,5
3	12.85	X	12.43	12.45	12.55	X
	+2,7		+1,2	+2,2	+1,5	
4	X	10.98	12.72	X	12.48	12.51
		+2,7	+2,2		+3,2	+4,5
5	X	12.60	X	12.28	12.51	12.03
		+1,9		+2,3	+2,6	+3,6
6	X	12.26	X	12.30	X	12.21
		+4,8		+2,3		+1,4
7	11.93	X	X	X	11.69	11.54
	+3,8				+3,0	+2,4

Shot put			
22 Jul			
1	Trine Mulbjerg	DEN	15.41
2	Frida Åkerström	SWE	14.87
3	Linda Treiel	EST	14.71
4	Katri Hirvonen	FIN	14.36
5	Silje Nordahl Disserud	NOR	13.93
6	Sveinbjörg Zophoníasdóttir	ISL	13.24
7	Emma Söderlund	FIN	12.58
8	Johanna Larsson	SWE	11.16

Series	1	2	3	4	5	6
1	15.41	15.16	X	X	X	X
2	X	13.71	X	14.21	14.47	14.87
3	14.71	X	14.19	14.13	X	X
4	14.28	X	14.08	X	14.36	X
5	13.93	13.43	13.72	X	X	13.83
6	12.47	13.16	X	X	X	13.24
7	12.48	X	12.51	11.89	12.42	12.58
8						

Discus throw

21 Jul

1	Julie Viberg	SWE	51.31
2	Kätlin Töllasson	EST	47.68
3	Kathrine Bebe	DEN	47.65
4	Katri Hirvonen	FIN	46.64
5	Kaisa Ilonen	FIN	45.30
6	Sandra Andersson	SWE	44.85
7	Solveig Fredriksen	NOR	43.43
8	Marte Rygg Årdal	NOR	35.86

Series	1	2	3	4	5	6
1	45.06	X	X	47.95	51.31	46.78
2	43.53	X	X	47.68	X	45.92
3	44.06	X	X	44.95	46.28	47.64
4	46.64	X	X	X	X	X
5	X	X	44.72	45.30	45.10	44.32
6	44.70	43.62	44.21	40.70	44.85	40.10
7	43.43	X	X	X	X	X
8	34.81	35.04	X	X	35.73	35.86

Hammer throw

22 Jul

1	Jenni Penttilä	FIN	61.30
2	Johanna Salmela	FIN	60.47
3	Ida Storm	SWE	58.40
4	Katja Vangsnes	NOR	57.84
5	Jonna Miettinen	FIN	57.30
6	Marte Rygg Årdal	NOR	56.74
7	Malin Johansson	SWE	51.61

Series	1	2	3	4	5	6
1	X	61.30	X	X	X	X
2	55.19	60.47	58.77	X	X	X
3	50.81	57.55	58.40	X	X	X
4	55.30	57.84	52.37	X	56.02	56.22
5	51.59	56.55	55.68	56.41	X	57.30
6	56.74	X	53.97	54.14	54.54	X
7	X	51.61	X	X	X	X

Javelin throw

21 Jul

1	Sanni Utriainen	FIN	53.92
2	Linda Treiel	EST	51.73
3	Anni Taponen	FIN	50.15
4	Piia Pyykinen	FIN	49.75
5	Andrea Enerstad Bolle	NOR	49.49
6	Emilie Larsson	SWE	47.47
7	Marie Vestergaard	DEN	47.44
8	Matilda Elgaard	SWE	45.87

9 Frida Thorsås, NOR 41.92* (* = Wild card)

Series	1	2	3	4	5	6
1	X	X	53.92	X	52.90	-
2	43.22	50.35	47.56	49.36	49.13	51.73
3	41.20	X	48.50	47.41	47.27	50.15
4	47.65	49.75	X	48.19	46.59	48.95
5	44.72	49.49	X	48.12	49.04	46.97
6	46.38	44.38	45.95	44.80	45.47	47.47
7	43.82	45.60	47.04	47.44	46.50	45.53
8	43.93	43.00	X	45.85	45.87	45.02
9	X	37.84	41.92			

4x100 m relay

21 Jul

1	FIN	45.87	(Maria Räsänen, Tiina Leppäkoski, Matilda Bogdanoff, Hanna Wiss)
2	NOR	46.39	(Alvilde Grønneberg, Siv Krakeli Sneen, Mari Gilde Brubak, Line Kloster)
3	SWE	47.32	(Malin Olsson, Caroline Lundahl, Freja Jernstig, Malin Eriksson)

4x400 m relay

18. Aug

1	NOR	3:45.61	(Trine Mjåland, Yngvild Elvemo, Tara Marie Norum, Line Kloster)
2	FIN	3:46.74	(Jonna Skrifvars, Venla Paunonen, Céline Fogde, Aino Paunonen)
3	SWE	3:47.74	(Evelin Hindrikes, Therese Jernbeck, Lovisa Lindh, Elin Moraiti)

9th Nordic U20 Match & Championships

Värendsvallen, Växjö, SWE 18-19 Aug

Men

100 m			
		18 Aug	+0,4
1	Jan Wocalewski	SWE	10.60
2	Frederik Thomsen	DEN	10.60
3	Eetu Rantala	FIN	10.79
4	Jonathan Wulff	SWE	10.83
5	Samuli Lehtinen	FIN	10.88
6	Salum Agezhe Kashafali	NOR	10.92
7	Even Pettersen	NOR	11.03
8	Jóhann Björn Sigurbjörnsson	ISL	11.17

200 m			
		19 Aug	+2,3
1	Jan Wocalewski	SWE	21.54
2	Jani Koskela	FIN	21.64
3	Mikko Laiho	FIN	21.74
4	Kolbeinn Höður Ólafsson	ISL	21.78
5	Håkon Morken	NOR	21.80
6	Joakim Djuvfeldt	SWE	21.93
7	Emil Strøm	DEN	22.73
	Sondre Nyvold Lid	NOR	DNF

400 m			
		18 Aug	
1	Sondre Nyvold Lid	NOR	47.63
2	Jani Koskela	FIN	48.36
3	Andreas Roth	NOR	48.55
4	Johan Rogestedt	SWE	48.61
5	Juho Vanhala	FIN	48.97
6	Asger Gerrild	DEN	49.20
7	Kolbeinn Höður Ólafsson	ISL	49.30
8	Edwin Råsberg	SWE	49.62

800 m			
		18 Aug	
1	Filip Ingebrigtsen	NOR	1:53.10
2	Roald H. Frøskeland	NOR	1:53.24
3	Christoffer Ohlsson	SWE	1:53.66
4	Ville Lampinen	FIN	1:53.74
5	Robert Nummela	FIN	1:53.74
6	Minh Kyun Cho	DEN	1:54.51
7	Alexander Holmblad	SWE	1:54.77
8	Snorri Stefánsson	ISL	1:55.76

1500 m			
		19 Aug	
1	Johan Rogestedt	SWE	4:09.05
2	Filip Ingebrigtsen	NOR	4:10.27
3	Erik Udø Pedersen	NOR	4:11.33
4	Juha Jumisko	FIN	4:11.64
5	Alexander Holmblad	SWE	4:12.10
6	Robert Nummela	FIN	4:13.72
7	Mikkel Dall Jessen	DEN	4:14.38
8	Ingvar Hjartarson	ISL	4:24.78

5000 m			
		18 Aug	
1	Jakob Abrahamsen	DEN	15:16.63
2	Jørgen Frost Bø	NOR	15:27.23
3	Alexander Palm	SWE	15:21.44
4	Oliver Lämber	SWE	15:23.08
5	Ingvar Hjartarson	ISL	15:25.83
6	Jakko Piesanen	FIN	15:29.33
7	Kristian Tjørnholm	NOR	15:32.67
8	Måns Vikström	FIN	16:23.21

110 m hurdles			
		19 Aug	-0,3
1	Jussi Kanervo	FIN	13.74
2	Ville Rajala	FIN	14.25
3	Hampus Widlund	SWE	14.37
4	Karsten Warholm	NOR	14.95
5	Marius Bakken Støle	NOR	15.40
6	Christoffer Durafour	DEN	15.48
	Fredrik Ekholm	SWE	DNS

400 m hurdles			
		18 Aug	
1	Marius Bakken Støle	NOR	52.62
2	Markus Loftås	NOR	53.47
3	Nicolai Hartling	DEN	53.49
4	Philip Green	SWE	55.41
5	Juuso Hassi	FIN	55.82
6	Veli-Matti Takkinen	FIN	56.32
7	Fredrik Åström	SWE	56.80

3000 m steeplechase			
		18. aug	
1	Sander Sekkingstad Terum	NOR	9:28.60
2	Jakob Abrahamsen	DEN	9:31.91
3	Erik Norrbom	SWE	9:43.74
4	Vesa Linnamaa	FIN	9:46.31
5	Carl Senorski	SWE	9:58.47
6	Ossi Hakulinen	FIN	10:01.00
7	Tómas Zoëga Geirsson	ISL	10:10.10
	Snorre Holtan Løken	NOR	DNF

5000 m Walk			
		19 Aug	
1	Elmo Koivunen	FIN	22:21.32
2	Joakim Sælen	NOR	22:32.31
3	Fredrik Sandmer	SWE	24:59.33
4	Juuso Joukas	FIN	25:17.38
5	Sindre Ølness	NOR	26:55.37
6	Anton Nicklasson	SWE	27:34.63

High jump			
		18 Aug	
1	Erik Liberg	SWE	2.09
2	Fredrik Konradsson	SWE	2.03
3	Samuli Sievi-Korte	FIN	1.98
4	Martin Fagelund	NOR	1.95
5	Jostein Andre Kvikstad	NOR	1.87
6	Vili Haara	FIN	1.81
7	Jonas Kløjgaard Jensen	DEN	1.81

Series	1.70	1.81	1.87	1.91	1.95	1.98	2.01	2.03	2.05	2.07	2.09	2.12	Jump order
1													2
2													1
3													3
4													5
5													6
6													4
7													7

Pole vault			
		19 Aug	
1	Melker Svärd Jacobsson	SWE	5.22
2	Viktor Östman	FIN	5.17
3	Per Magne Florvaag	NOR	4.91
4	Andreas Rønning	DEN	4.91
5	Erik Greibrokk Dolve	NOR	4.69
6	Micael Fagö	SWE	4.45
6	Teemu Hyttiä	FIN	4.45
8	Ingí Rúnar Kristinsson	ISL	4.27

Series	4.09	4.27	4.45	4.57	4.69	4.77	4.85	4.91	4.97	5.02	5.07	5.12	5.17	5.22	5.27	Jump order
1																2
2																3
3																5
4																7
5																6

4	SWE	3:18.90	(Truls Axelsson, Christoffer Ohlsson, Ken Braesch, Edwin Räsberg)	
5	ISL	3:19.06	(Ingi Rún Kristinsson, Kolbeinn Gunnarsson, Snorri Stéfansson, Jóhann Björn Sigurbjörnsson)	

Points Men	Nation	Day 1	Day 2	Total
	FIN	97	114,5	211,5
	NOR	95	84	179
	SWE	94	78,5	172,5
	DEN/ISL	61	64	125

Women

100 m 18 Aug +2,5

1	Jenny Melin	SWE	11.89
2	Josefin Palm	SWE	11.92
3	Ida Bakke Hansen	NOR	12.06
4	Emmi Mäkinen	FIN	12.07
5	Jatta-Juulia Hanski	FIN	12.23
6	Line Gjerde	NOR	12.27
7	Martha Traoré	DEN	12.38
8	Dóróthea Jóhannesdóttir	ISL	12.56

200 m 19 Aug -0,8

1	Angelica Karlsson	SWE	24.14
2	Ella Räsänen	FIN	24.16
3	Matilda Hellqvist	SWE	24.49
4	Ida Bakke Hansen	NOR	24.98
5	Jatta-Juulia Hanski	FIN	25.03
6	Arna Stefania Guðmundsdóttir	ISL	25.60
7	Martha Traoré	DEN	25.70
8	Eline Breilid	NOR	25.99

400 m 18 Aug

1	Ella Räsänen	FIN	55.04
2	Lisa Duffy	SWE	55.76
3	Julie Andrea Håskjold	NOR	56.71
4	Linda Frödin	SWE	57.49
5	Line Kølert	DEN	58.32
6	Saara Raitis	FIN	58.74
7	Ester Djuve Jerstad	NOR	59.81
	Arna Stefania Guðmundsdóttir	ISL	DQ

800 m 18 Aug

1	Anita Hinriksdóttir	ISL	2:03.66
2	Aurora Dybedokken	NOR	2:10.38
3	Sara Rönnyby	SWE	2:10.76
4	Annika Harri	FIN	2:11.85
5	Anna Silvander	SWE	2:13.94
6	Veronica Undseth	NOR	2:15.19
7	Dagmar F. Olsen	DEN	2:16.88
8	Sallamari Koskinen	FIN	2:17.21

1500 m 19 Aug

1	Frida Berge	NOR	4:30.34
2	Aurora Dybedokken	NOR	4:34.15
3	Tova Eurén	SWE	4:34.52
4	Agnes Sjöström	SWE	4:35.49
5	Meri Rantanen	FIN	4:36.35
6	Line K. Schultz	DEN	4:36.88
7	Marie Mørch	DEN	4:40.14
8	Vilma Laitinen	FIN	4:57.01

3000 m 18 Aug

1	Oona Kettunen	FIN	9:33.53
2	Agnes Sjöström	SWE	9:38.84
3	Frida Berge	NOR	9:46.03

4	Kristine Helle	NOR	9:47.60
5	Meri Rantanen	FIN	9:50.56
6	Maria Larsson	SWE	10:03.26
7	Josephine Thestrup	DEN	10:37.86

100 m hurdles

1	Jonna Berghem	FIN	13.64
2	Charlotte Skogström	SWE	14.15
3	Mathilde Heltbech	DEN	14.24
4	Ida Bakke Hansen	NOR	14.41
5	Madeleine Eriksson	SWE	14.43
6	Frida Thorsås	NOR	14.51
7	Stina Troest	DEN	14.60
	Oona Hujanen	FIN	DNF

400 m hurdles

1	Stefanía Valdimarsdóttir	ISL	60.36
2	Oona Hujanen	FIN	60.79
3	Stina Troest	DEN	61.30
4	Madeleine Eriksson	SWE	62.44
5	Laura Räsänen	FIN	63.72
6	Marthe Mjølén Berg	NOR	64.19
7	Jessica Bloodworth	SWE	64.20
8	Solveig Lie Onstad	NOR	64.99

2000 m steeplechase

1	Oona Kettunen	FIN	6:32.61
2	Anita Hinriksdóttir	ISL	6:34.80
3	Heidi Mårtensson	NOR	6:51.08
4	Maria Larsson	SWE	6:51.89
5	Sofie Lövdahl	FIN	6:55.42
6	Kristine Helle	NOR	7:04.46
7	Julia Forsmark	SWE	7:16.24
8	Caroline Tauson	DEN	7:40.04

3000 m walk

1	Annika Norrman	FIN	14:52.32
2	Tia Kuikka	FIN	15:20.67
3	Felicia Hogrell	SWE	16:26.86
4	Kristiane Rygg	NOR	16:44.18
5	Maria Aydin	SWE	17:25.35
6	Sara Dorthea Jensen	NOR	18:53.13

High jump

1	Sini Lällä	FIN	1.81
2	Ida Virdebrant	SWE	1.79
3	Vivi Voutilainen	FIN	1.76
4	Martine Bye	NOR	1.73
5	Lisa Engman	SWE	1.69
6	Sandra B. Christensen	DEN	1.65
7	Anne Engen Andersen	NOR	1.65
7	Ásgerður Jana Ágústsdóttir	ISL	1.65

Series	1.53	1.59	1.65	1.69	1.73	1.76	1.79	1.81	1.83	Jump order
1										4
2										1
3										3
4										5
5										2
6										7
7										6
7										8

Pole vault

1	Erica Hjerpe	FIN	3.78
2	Paula Nedberge Llano	NOR	3.73
3	Milla Mikkonen	FIN	3.61
4	Julie Farseth Berg	NOR	3.33
5	Arna Ýr Jónsdóttir	ISL	3.21

6 Anne Sofie Olsen DEN 3.21
Alissa Söderberg SWE NM

Series	2.85	3.03	3.21	3.33	3.45	3.53	3.61	3.67	3.73	3.78	3.91	Jump order
1						o	o	xo	-	xo	xxx	2
2			o	o	o	xo	o	o	o	xxx		5
3					o	xo	o	xxx				3
4		o	xo	o	xxx							4
5		o	o	xxx								6
6	p	o	xo	xxx								7
						xxx						1

Long jump

1 Henna Palosaari FIN 6.06
2 Emmi Mäkinen FIN 5.88
3 Elin Larsson SWE 5.80
4 Eline Breilid NOR 5.77
5 Monika Benserud NOR 5.69
6 Martha Traoré DEN 5.62
7 Farydah Inoussa SWE 5.53
8 Maria Rún Gunnlaugsdóttir ISL 5.50

Series	1	2	3	4	5	6	Jump order
1	5.68 +0,7	5.96 +2,0	6.06 +1,9	X	-	5.19 +0,9	4
2	5.60 +1,1	5.58 0,0	5.76 +0,8	5.88 +1,4	5.86 +2,5	X	3
3	5.70 +1,2	X	5.74 -0,4	5.74 +3,4	5.80 +1,2	5.73 +2,0	2
4	5.69 +1,3	X	X	X	X	5.77 +1,4	5
5	5.47 +2,2	5.45 +0,5	5.69 +2,1	5.44 +0,9	-	-	6
6	5.62 +1,4	X	X	4.29 -0,5	4.21 +3,3	X	7
7	5.53 +2,4	4.98 +0,2	X	X	5.34 +1,0	X	1
8	X	5.50 +0,1	X	2.78 +0,9	X	X	8

Triple jump

1 Rebecka Abrahamsson SWE 12.74
2 Henna Palosaari FIN 12.31
3 Laetitia Kim Bruun DEN 12.29
4 Salli Kokkinen FIN 11.96
5 Emma Ehrlin SWE 11.89
6 Celine M. Solend NOR 11.82
7 Monika Benserud NOR 11.70
8 Dóróthea Jóhannesdóttir ISL 11.08

Series	1	2	3	4	5	6	Jump order
1	12.55 +1,3	X	X	12.58 +1,5	12.74 +1,6	X	1
2	11.92 +1,4	12.31 +1,5	12.13 +1,7	X	X	X	3
3	12.11 +1,1	11.97 +0,1	12.29 +1,9	X	X	X	7
4	X	11.96 +0,3	X	X	X	X	4
5	11.61 +1,4	11.32 -0,1	11.62 +0,2	11.79 +0,9	11.60 +0,4	11.89 +1,8	2
6	X	11.64 -0,9	11.71 +2,6	11.77 +1,7	11.82 +1,8	11.72 +3,4	6
7	11.70 +0,4	11.16 +1,6	11.61 +3,3	X	X	-	5
8	11.08 -0,1	10.95 +0,1	10.92 +0,4	10.82 +0,4	X	-	8

Shot put

1 Jennie Söderholm SWE 13.86
2 Lina Bengtsson SWE 13.84
3 Minna-Marjatta Liimatainen FIN 13.82
4 Hanne Kantanen FIN 13.21
5 Frida Thorsås NOR 12.48
6 Vanessa Sunde Hoel NOR 12.07
7 Marie Aagaard DEN 11.50
8 Ásgerður Jana Ágústsdóttir ISL 10.50

Series	1	2	3	4	5	6	Throw order
1	13.67	13.39	13.51	13.48	13.86	13.64	1
2	12.53	13.54	13.40	13.84	13.62	X	2
3	X	13.63	13.82	13.70	X	13.72	3
4	11.58	12.45	12.43	X	12.38	13.21	4

5	11.51	12.18	11.77	X	12.13	12.48	5
6	11.21	11.12	11.97	11.95	11.61	12.07	6
7	10.86	10.14	10.46	10.92	10.87	11.50	7
8	10.50	-	-	-	-	-	8

Discus throw

18 Aug
1 Heidi Schmidt SWE 48.64
2 Emma Ljungberg SWE 45.12
3 Isabelle Nygårds FIN 41.97
4 Mona Ekroll Jaidi NOR 41.65
5 Matilde Roe NOR 40.40
6 Tenna Riber DEN 38.70
7 Heini Järventausta FIN 38.34
8 Marie Aagaard DEN 36.83

Series	1	2	3	4	5	6	Throw order
1	45.98	47.14	47.17	X	48.64	45.90	1
2	45.12	X	X	44.18	X	44.78	2
3	X	37.23	41.94	X	41.97	40.89	3
4	39.79	40.83	X	X	38.68	41.65	6
5	X	37.76	37.07	37.31	40.40	39.93	5
6	36.61	38.31	38.29	37.62	37.69	38.70	8
7	38.34	X	X	X	X	37.17	4
8	36.50	35.65	36.14	X	25.85	36.83	7

Hammer throw

19 Aug
1 Eleni Larsson SWE 66.19
2 Heli Rinnekari FIN 58.19
3 Amanda Rydberg SWE 56.92
4 Erica Riento FIN 56.48
5 Helene Sofie Ingvaldsen NOR 55.28
6 Beatrice Nedberge Llano NOR 54.49
7 Louise Odgaard DEN 48.84

Series	1	2	3	4	5	6	Throw order
1	X	66.19	62.63	64.39	X	65.17	1
2	57.70	X	58.19	57.76	57.90	X	3
3	X	55.58	55.43	55.97	X	56.92	2
4	56.48	55.45	55.08	53.14	55.42	54.21	4
5	55.13	54.92	54.18	55.28	X	X	5
6	X	X	X	54.49	X	52.42	6
7	46.48	46.36	47.67	45.23	48.85	48.38	7

Javelin throw

18 Aug
1 Maria Børstad Jensen NOR 49.95
2 Ingeborg S. Rønningen NOR 47.10
3 Henna Takkinen FIN 44.59
4 Meri Rautamies FIN 44.43
5 Martina Borgler SWE 43.35
6 Malin Andersson SWE 42.19
7 Maria Rún Gunnlaugsdóttir ISL 38.82
8 Caroline Hansen DEN 36.41

Series	1	2	3	4	5	6	Throw order
1	45.05	49.95	48.92	X	46.22	X	5
2	44.36	X	X	45.95	X	47.10	6
3	41.81	44.59	41.60	43.12	X	X	3
4	44.43	X	41.59	X	40.81	40.70	4
5	38.23	35.16	43.35	X	X	43.12	2
6	40.67	41.01	X	42.19	X	X	1
7	34.39	X	-	-	-	38.82	8
8	36.35	36.41	X	X	X	-	7

4x100 m relay

18 Aug
1 SWE 45.69 (Matilda Hellqvist, Josefin Palm, Daniella Busk, Jenny Melin)
2 NOR 47.33 (Linn Gjerde, Ida Bakke Hansen, Julia Andrea Håskjold, Eline Breilid)
3 ISL 48.03 (Maria Rún Gunnlaugsdóttir, Stefania Valdimarsdóttir, Dóróthea Jóhannesdóttir, Arna Stefania Guðmundsdóttir)
4 DEN 48.61 (Anne Sofie Vermund, Martha Traoré, Mathilde Heltbech, Zarah Buchwald)
FIN DNF (Jatta-Juulia Hanski, Jonna Berghem, Emmi Mäkinen, Ella Räsänen)

4x400 m relay

19 Aug
1 SWE 3:44.44 Caroline Kihlbom, Sara Rönnby, Linda Frödin, Lisa Duffy)

2	ISL	3:49.14	(Maria Rún Gunnlaugsdóttir, Stefanía Valdimarsdóttir, Arna Stefanía Guðmundsdóttir, Anita Hinriksdóttir)
3	FIN	3:51.83	(Laura Räsänen, Sallamari Koskinen, Saara Raitis, Annika Harri)
4	NOR	3:56.42	(Marthe Mjøen Berg, Veronica Undseth, Ester Djuve Jerstad, Frida Thorsås)
5	DEN	3:56.63	(Line Køhlert, Sara Michelsen, Dagmar Fæster Olsen, Stina Troest)

Points Women	Nation	Day 1	Day 2	Total
	SWE	98	111	209
	FIN	97	111	208
	NOR	89	77,5	166,5
	DEN/ISL	59	44,5	103,5

31st Nordic Race Walking Championships

Eskilstuna, SWE 15 Sep

Men

Senior	15 Sep	20 km
1 Erik Tysse	NOR	1:20:39
2 Ato Ibáñez	SWE	1:22:36
3 Andreas Gustafsson	SWE	1:23:20
4 Timo Viljanen	FIN	1:23.43
5 Christer Svensson	SWE	1:39.49
Marias Korpela	FIN	DQ

U23	15 Sep	20 km
1 Perseus Karlström	SWE	1:23:43
2 Aleks Ojala	FIN	1:28:31
3 Håvard Haukenes	NOR	1:28:50
4 Anders Hansson	SWE	1:34.39

U20	15 Sep	10 km
1 Elmo Koivunen	FIN	45:15
2 Joni Rouhiainen	FIN	50:52
3 Fredrik Sandmer	SWE	52:35
4 Syver Morvik	NOR	55.25
5 Anton Nicklasson	SWE	56.38
Joakim Sælen	NOR	DQ

U18	15 Sep	5 km
1 Markus Kyrölä	FIN	22:50
2 Artturi Oila	FIN	24:54

Women

Senior	15 Sep	10 km
1 Karoliina Kaasalainen	FIN	48:15
2 Siw Karlstöm	SWE	48:43
3 Merete Helgheim	NOR	51.01
4 Ellinor Hogrell	SWE	52.58
5 Monica Månsson-Martinsson	SWE	53:05
6 Marika Peltoniemi	FIN	54.00

U23	15 Sep	10 km
1 Mikaela Löfbacka	FIN	52:58
2 Elisa Neuvonen	FIN	54.48
3 Helena Sandmer	SWE	60.49

U20	15 Sep	5 km
1 Henriikka Parviainen	FIN	24:45
2 Tiia Kuikka	FIN	26:29
3 Felicia Hogrell	SWE	27:40
4 Kristiane Rygg	NOR	27:48
5 Maria Aydin	SWE	28:30

U18	15 Sep	5 km
1 Erika Parviainen	FIN	24:49

2 Sini Jussila	FIN	25:50
3 Lean Tomas	SWE	26:52
4 Julia Ibrahim	SWE	31:12

Poeng:	1	FIN	77
	2	SWE	50
	3	NOR	21

16th Nordic Cross Country Championships

Tårnby, København, DEN 10 Nov

Men

Senior	10 Nov	9 km
1 Abdi Hakim Ulad	DEN	26:23
2 Mikael Ekvall	SWE	26:33
3 Asbjørn Ellefsen Persen	NOR	26:37
4 Øystein Sylta	NOR	26:38
5 Ørjan Grønnevig	NOR	26:41
6 Morten Munkholm	DEN	26:42
7 Johan Larsson	SWE	26:44
8 Urige Buta	NOR	26:44

9 Michael Nielsen, DEN 27:48, 10 Jesper Faurschou, DEN 26:49, 11 Jarkko Järvenpää, FIN 26:50, 12 Jerker Lysell, SWE 26:59, 13 Andreas Åhwall, SWE 27:04, 14 Steffen Falch Larsen, DEN 27:09, 15 Erik Gramstad, NOR 27:18, 16 Annti-Pekka Niinistö, FIN 27:25, 17 Marius Vedvik, NOR 27:47, 18 Ulrik Heitmann, DEN 27:52, 19 Johan Bugge, NOR 28:00, 20 Anton Danielson, SWE 28:04, 21 Tommi Heittola, FIN 28:06, 22 Johan Damkjær, DEN 28:06, 23 Kalle Keskipoikela, FIN 28:07, 24 Anders Kleist, SWE, 25 Andreas Lommer DEN, 28:37

Teams: 1 NOR 20p (Persen, Sylta, Grønnevig, Buta), 2 DEN 26p (Ulad, Munkholm, Nielsen, Farschou), 3 SWE 34p (Ekvall, Larsson, Lysell, Åhwall), 4 FIN 71p (Järvenpää, Niinistö, Heittola, Keskipoikela), 5 DEN 79p (Larsen, Heitmann, Damkjær, Lommer)

U20	10 Nov	6 km
1 Ferdinand Kvan Edman	NOR	18:57
2 Jakob Dybdal	DEN	18:59
3 Alexander Palm	SWE	19:04
4 Erik Udø Pedersen	NOR	19:06
5 Peter Glans	DEN	19:07
6 Sindre Løchting	NOR	19:08
7 Zacharias Grassme	DEN	19:08
8 Jacob Sommer Simonsen	DEN	19:10

9 Andreas Jansson, SWE 19:13, 10 Mikkel Dahl-Jessen, DEN 19:16, 11 Magnus Sirnes Hjellum, NOR 19:17, 12 Sander Sekkingstad Terum, NOR 19:22, 13 Kristian Tjørnholm, NOR 19:30, 14 Oliver Lämber, SWE 19:39, 15 Vidar Johansson, SWE 19:42, 16 Jaako Piesanen, FIN 19:46, 17 Tomas Zoëga Geirsson, ISL 19:47, 18 Ingvar Hjartarson, ISL 19:48, 19 Gustaf Stensjö, SWE 19:51, 20 Samuel Rautiainen, FIN 19:53, 21 Jacob Østergaard Markussen, DEN 20:00, 22 Jørgen Frost Bø, NOR 20:04, 23 Hlynur Andrésson, ISL 20:34, 24 Janne Niemi, FIN 20:43. Napoleon Solomon, SWE 18:41 later denounced as winner due to no Swedish citizenship at the time.

Teams: 1 NOR 11p (Edman, Pedersen, Løchting), 2 DEN 14p (Dybdahl, Glans, Grassme), 3 SWE 29p (Palm, Jansson, Borglund), 4 NOR 36p (Hjellum, Terum, Tjørnholm), 5 DEN 39p (Simonsen, Dahl-Jessen, Markussen)

Women

Senior	10 Nov	7,5 km
1 Simone Glad	DEN	26:03
2 Ulrika Flodin	SWE	26:07
3 Veronika Brennhovd Blom	NOR	26:11
4 Kirsten Marathon Melkevik	NOR	26:16
5 Louise Laursen	DEN	26:21
6 Karianne Grefsrud Søfting	NOR	26:22
7 Silje Fjertoft	NOR	26:29
8 Lea Reime	DEN	26:31

9 Maja Alm, DEN 26:34, 10 Suvi Miettinen, FIN 26:46, 11 Marthe Katrine Myhre, NOR 26:46, 12 Nina Persson, SWE 26:51, 13 Johanna Kykyri, FIN 26:55, 14 Ingeborg Kristine Lind, NOR 27:07, 15 Elin Borglund, SWE 27:16, 16 Minna-Maria Kangas, FIN 27:18, 17 Louise Kunø, DEN 27:25, 18 Sanna Mustonen, FIN 27:34, 19 Arndís Ýr Hafþorsdóttir, ISL 28:15, 20 Mette Møncke, DEN 28:24, 21 Mette Willer Oldenborg, DEN 28:27

Teams: 1 NOR 13p (Blom, Melkevik, Søfting), 2 DEN 14p (Glad, Laursen, Reime), 3 SWE 29p (Flodin, Persson, Borglund), 4 NOR 32p (Fjertoft, Myhre, Lind), 5 FIN 39p

(Miettinen, Kykyri, Kangas), 6 DEN 46p (Alm, Kunø, Møncke)

	U20	10 Nov	4,5 km
1	Agnes Sjöström	SWE	14:56
2	Heidi Mårtensson	NOR	14:58
3	Anita Hinriksdóttir	ISL	14:59
4	Sarah Lahti	SWE	15:12
5	Maria Larsson	SWE	15:16
6	Oona Kettunen	FIN	15:21
7	Isabelle Brauer	SWE	15:24

8	Ida Meli Narbuvooll	NOR	15:37
9 Emilia Ohlin, SWE 15:38, 10 Johanna Matintalo, FIN 15:46, 11 Elisabeth Angell Bergh, NOR 15:58, 12 Josefine Thestrup, DEN 15:58, 13 Josefine Rytter, DEN 16:04, 14 Sanni Massinen, FIN 16:06, 15 Line Kalstrup Schulz, DEN 16:08, 16 Maria Larsen, DEN 16:14, 17 Katrine Reinholdt, DEN 16:19, 18 Caroline Tauson, DEN 16:28, 19 Aurora Dybedokken, NOR 16:30, 20 Marthe Olsen, NOR 16:30, 21 Sara Schou Christensen, DEN 16:42, 22 Ingvild Sangesland, NOR 16:53			
Teams: 1 SWE 10p (Sjöström, Lahti, Larsson), 2 NOR 21p (Mårtensson, Narbuvooll, Bergh), 3 FIN 30p (Kettunen, Matintalo, Massinen), 4 DEN 40p (Thestrup, Rytter, Schulz), 5 DEN 51p (Larsen, Reinholdt, Tauson), 6 NOR 61p (Dybedokken, Olsen, Sangesland)			