

This year consists of the following competitions:

22.5	Tønsberg, NOR	8 th Nordic 10000m Challenge
19.-20.6	Jyväskylä, FIN	32 th Nordic Junior Championships Combined Events
21.-22.8	Espoo, FIN	1 st Nordic U20 Match & Championships
11.-12.9	Fredrikstad, NOR	3 rd Nordic U23 Championships
11.9	Stockholm, SWE	23 th Nordic Race Walking Championships
9.10	København, DEN	22 th Nordic Race Walking Championships Long distances
14.11	Ejby, DEN	8 th Nordic Cross Country Championships

Nordic 10000 m Challenge

Greveskogen, Tønsberg, NOR 22 May

Men

Senior	22 May
1 Steen Walter	DEN 29:35.33
2 Francis Kirwa	FIN 29:37.79
3 Kristian Algers	SWE 29:39.99
4 Trond Idland	NOR 29:49.83
5 Henrik Sandstad	NOR 30:14.73
6 Mårten Boström	FIN 30:32.94
7 Mohammed Bashir	DEN 30:38.00
8 Henrik Them Andersen	DEN 30:38.21

9 Andreas Carlberg, SWE 30:40.63, 10 Runar Höiom, SWE 31:33.66, Fredrik Uhrbom, SWE DNF, Juha Hellstén, FIN DNF
Extra: Bjarte Vik, NOR 30:27.81, Tore Bye, NOR 30:43.00, Bjarte Eikanger, NOR 32:33.22, Tore Sand-Hansen, NOR 32:42.63, Bjørnar Ustad Kristensen, NOR DNF, Måns Höiom, SWE DNF

Women

Senior	22 May
1 Annemette L. Jensen	DEN 33:36.44
2 Bente Landøy	NOR 33:37.04
3 Lisa Blommé	SWE 34:20.80
4 Christin Johansson	SWE 34:55.87
5 Helena Olofsson	SWE 35:07.89
6 Sidsel H. Rasmussen	DEN 35:47.26
7 Lisa Wiklund	SWE 35:51.62
8 Laila K. Laursen	DEN 36:11.89

Anna Lindh, SWE DNS

Nordic Junior Championships Combined Events

Jyväskylä, FIN 19-20 Jun

Men

U23 Decathlon	19-20 jun
1 Tatu Pussila	FIN 6.997
2 Markus Altonen	FIN 6.903
3 Jari Pietilä	FIN 6.880
Bjørn Sigurd Sommerfeldt	NOR DNF
Tobias Otterbring	SWE DNF

Extra: Kiril Popov, FIN 6.915
(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.48	7.01	13.46	1.89	52.55	15.02	37.24	4.35	64.02	5:39.90
	757	616	695	705	701	847	609	716	799	352
	-1,6	+1,2				-1,3				
2	11.59	6.23	13.13	1.86	52.39	15.92	40.56	4.05	61.83	4:43.94
	734	637	675	679	708	742	676	631	765	656
	-1,6	+1,0				-1,3				
3	11.70	6.70	12.70	1.89	51.88	16.36	37.78	4.75	48.76	4:49.02
	711	743	649	705	730	693	620	634	570	625
	-1,6	+1,3				-1,3				
	11.75	6.25	13.02	NM	DNF	DNS				
	701	641	668	0	0					
	-1,6	+0,3								
5	11.71	DNS								
	709									
	-1,6									

U20 Decathlon

19-20 Jun

1	Sami Itani	FIN 7.232
2	Tero Ojala	FIN 6.995
3	Samuel Linden	SWE 6.918
4	Aki Salminen	FIN 6.818
5	Christian Laugesen	DEN 6.515
6	Odd Wiking	SWE 6.425
7	Jonatan Falk	SWE 6.368

Extra: Joni Ojala, FIN 7.281, Ville Mylläri, FIN 6.739, Miikka Kelo, FIN 5.327, Juho Mäkipää, FIN 4.613

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

1	11.44	6.68	13.73	2.04	51.71	15.00	41.45	4.05	52.80	4:47.49
	765	739	712	840	737	850	694	631	630	634
	-1,0	+0,2				-2,3				
2	11.88	6.56	12.84	1.89	51.54	16.92	42.61	4.35	62.69	4:43.70
	675	711	657	705	745	633	718	716	778	657
	-1,0	+0,4				-2,3				
3	11.88	6.35	15.03	1.98	50.96	15.57	39.84	3.95	47.32	4:47.19
	675	664	792	785	771	782	661	603	549	636
	-1,0	-0,5				-2,3				
4	11.90	6.36	14.29	1.77	53.61	15.60	38.96	4.65	52.08	4:47.63
	671	666	746	602	656	778	643	804	619	633
	-1,0	+0,4				-2,3				
5	11.92	6.55	11.72	1.83	51.12	15.68	34.50	3.75	44.33	4:28.30
	667	709	589	653	764	769	554	549	505	745
	-1,0	+0,7				-2,3				
6	11.66	6.05	13.37	1.77	50.35	16.47	31.11	3.95	51.18	4:46.17
	719	597	690	602	799	681	486	603	606	642
	-1,0	+0,8				-2,3				
7	11.90	6.62	14.17	1.74	53.22	15.68	31.76	3.75	49.81	4:56.31
	671	725	739	577	672	769	499	549	586	581
	-1,0	+0,3				-2,3				

U18 Decathlon

19-20 Jun

1	Lars Vikan Rise	NOR 6.687
2	Joel Thorén	SWE 6.524
3	Stian Andersen	NOR 6.521
4	Ville Vepsä	FIN 6.360
5	Björn Barrefors	SWE 6.274
6	Lauri Huuhtanen	FIN 6.082
7	Hans Erik Bragstad Vist	NOR 5.889
8	Lari Haapakangas	FIN 5.812

9 Rickard Arvidsson, SWE 5.545, Sveinn Elías Elíasson, ISL DNF
(100m, Long jump, Shot put 5kg, High jump, 300m, 110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 1000m)

1	12.49	6.22	14.50	1.80	38.03	14.19	43.40	3.65	54.43	2:56.49
	558	635	759	627	699	800	734	522	654	699
	-1,9	+1,3				-0,4				
2	12.12	5.99	13.06	1.74	37.81	14.02	37.04	3.85	53.09	2:54.93
	628	584	671	577	712	822	605	576	634	715
	-1,9	+1,3				-0,4				
3	12.15	6.34	14.36	1.74	39.19	14.14	46.09	3.35	50.38	3:02.21
	622	661	750	577	634	807	789	444	594	643
	-3,4	+1,3				-1,4				
4	12.12	6.40	12.83	1.68	37.26	14.37	36.24	3.85	42.77	2:56.05
	628	675	657	528	744	778	589	576	482	703
	-1,9	+3,6				-0,4				
5	12.27	6.50	11.09	1.83	38.19	14.15	35.95	3.95	41.99	3:04.42
	599	697	551	655	690	805	583	603	471	622
	-3,4	+1,2				-1,4				

6	12.12	5.30	11.29	1.59	36.25	14.41	33.65	3.75	44.75	2:44.98
	628	441	563	457	804	773	537	549	511	819
	-1,9	+2,4				-0,4				
7	11.86	6.24	8.72	1.80	36.85	14.83	30.42	2.85	41.02	2:47.43
	679	639	409	627	768	723	473	321	457	793
	-3,4	+2,6				-1,4				
8	12.20	6.12	11.55	1.74	37.77	15.46	27.81	3.85	32.34	2:52.71
	612	613	579	577	714	650	422	576	332	737
	-3,4	+1,5				-1,4				
9	11.34	6.24	12.21	1.62	35.60	14.81	36.44	3.05	43.28	DNF
	786	639	619	480	844	725	593	369	490	0
	-3,4	+1,6				-1,4				
	-	-	-	-	15.50	26.27	3.05	DNS		
					645	392	369			
						-0,4				

Women

U23 Heptathlon										
19-20 Jun										
1	Jenniina Halkoaho	FIN	5.299							
2	Thale Glomsrød	NOR	5.163							
3	Elin Marvik	NOR	4.781							
4	Jennie Hurkmans	SWE	4.695							
5	Kirsi-Maria Kero	FIN	4.651							
6	Ida Määtä	FIN	4.451							
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)										
1	15.01	1.59	12.08	25.37	5.87	34.60	2:18.61			
	840	724	666	853	810	564	842			
	-1,3			-0,9	+1,3					
2	14.85	1.71	9.78	25.99	5.90	32.40	2:23.23			
	862	867	515	798	819	522	780			
	-1,3			-0,9	+1,6					
3	15.33	1.71	12.45	27.51	4.82	35.54	2:32.56			
	799	867	691	670	511	582	661			
	-1,3			-0,9	+0,3					
4	15.46	1.53	10.15	27.02	5.07	39.03	2:23.07			
	782	655	539	710	578	649	782			
	-1,3			-0,9	-1,6					
5	15.33	1.47	9.82	27.55	5.33	37.38	2:36.73			
	799	588	518	667	651	617	611			
	-1,3			-0,9	+1,9					
6	15.61	1.56	10.77	26.70	5.16	30.17	DNF			
	763	689	580	737	603	480	0			
	-1,3			-0,9	+1,7					

U20 Heptathlon										
19-20 Jun										
1	Marie Barenfeld	SWE	4.994							
2	Marika Salmi	FIN	4.949							
3	Jenna Sikiö	FIN	4.661							
4	Leena Männikkö	FIN	4.611							
5	Tine Bach Ejlersen	DEN	4.524							
6	Cathrine Schimmell	DEN	4.447							
	Kristín Birna Ólafsdóttir	ISL	DNF							
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)										
1	15.28	1.65	11.44	26.97	5.43	37.56	2:25.12			
	805	795	624	714	680	621	755			
	-1,2			-0,8	-0,9					
2	15.34	1.74	10.15	26.47	5.03	35.94	2:22.02			
	797	903	539	757	567	590	796			
	-1,2			-0,8	-0,6					
3	16.04	1.59	9.77	26.89	5.27	42.35	2:33.74			
	709	724	514	721	634	712	647			
	-1,2			-0,8	+0,6					
4	15.05	1.56	9.79	26.49	5.59	28.35	2:33.92			
	835	689	516	755	726	445	645			
	-1,2			-0,8	-0,9					
5	15.43	1.59	9.95	26.21	4.64	35.26	2:32.02			
	786	724	526	779	464	577	668			
	-1,2			-0,8	+0,5					
6	16.58	1.56	10.26	27.26	5.30	35.39	2:33.10			
	645	689	546	690	643	579	655			
	-1,2			-0,8	-1,1					
	14.92	NM	9.06	26.28	5.43	DNS				
	852	0	468	773	680					

-1,2 -0,8 -0,3

U18 Heptathlon

19-20 Jun										
1	Ida Marcussen	NOR	5.294							
2	Sari Mäkilammi	FIN	4.764							
3	Miia Partinen	FIN	4.729							
4	Jasmine Henriksson	SWE	4.465							
5	Ellinore Hallin	SWE	4.438							
6	Þóra Kristín Pálsdóttir	ISL	4.371							
7	Anne Møller Eskildsen	DEN	4.315							
8	Line Gravlund Hansen	DEN	4.261							
9 Ida Tengvall, SWE 4.233, 10 Dagrún Inga Þorsteinsdóttir, ISL 3.889 (100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)										
1	15.06	1.62	14.13	26.57	5.24	45.02	2:24.76			
	834	759	803	748	626	764	760			
	-1,8			-1,3	-0,5					
2	15.68	1.59	12.99	27.81	5.38	38.77	2:37.36			
	754	724	727	646	665	644	604			
	-1,5			-0,6	+2,3					
3	14.89	1.68	10.90	27.03	5.22	32.11	2:36.97			
	856	830	589	709	620	517	608			
	-1,8			-1,3	+2,5					
4	16.92	1.44	13.23	27.77	5.11	35.07	2:25.49			
	606	555	743	649	589	573	750			
	-1,8			-1,3	+0,8					
5	14.88	1.50	12.75	27.18	4.99	32.04	2:48.56			
	858	621	711	697	557	515	479			
	-1,5			-0,6	+1,1					
6	15.62	1.53	9.42	27.09	5.29	27.83	2:30.88			
	762	655	492	704	640	436	682			
	-1,8			-1,3	+0,6					
7	14.41	1.71	7.10	25.95	4.90	17.35	2:36.63			
	921	867	341	802	532	240	612			
	-1,8			-1,3	+0,4					
8	16.88	1.59	10.38	28.30	4.62	35.26	2:27.10			
	610	724	554	607	459	577	730			
	-1,5			-0,6	+1,5					
9	16.34	1.50	11.33	27.28	5.12	29.37	2:39.74			
	673	621	617	689	592	465	576			
	-1,5			-0,6	+1,8					
10	16.21	1.68	8.44	26.73	5.03	NM	2:34.24			
	689	830	428	734	567	0	641			
	-1,5			-0,6	+1,8					

Nordic U20 Match & Championships

Leppävaara, Espoo, FIN 21-22 Aug

Men

100 m										
21 Aug +1,8										
1	Stefan Tärnhuvud	SWE	10.83							
2	Antti Vainionpää	FIN	10.92							
3	Rasmus Lanz	SWE	10.94							
4	Teemu Vilén	FIN	11.05							
5	Christian Settembli Mogstad	NOR	11.06							
6	Steffen Løvås	NOR	11.27							
	Jonas Hansen	DEN	DNS							

200 m										
22 Aug -2,7										
1	Rasmus Lanz	SWE	21.89							
2	Antti Vainionpää	FIN	22.24							
3	Hannu Hämäläinen	FIN	22.27							
4	Stefan Tärnhuvud	SWE	22.36							
5	Niklas Hyde	DEN	22.43							
6	Christian Settembli Mogstad	NOR	22.54							
7	Mikkel Matzen	DEN	22.96							
8	Steffen Løvås	NOR	23-07							

400 m										
21 aug										
1	Mattias Claesson	SWE	47.85							
2	Joni Jaako	SWE	48.03							
3	Jan Bosas	FIN	48.46							

4	Niklas Hyde	DEN	48.88
5	Steffen Kjønås	NOR	49.46
6	Steinar Berghem	NOR	49.52
7	Roni Haimakka	FIN	49.94

800 m				22 Aug
1	Mattias Claesson	SWE	1:55.08	
2	Olle Walleräng	SWE	1:55.47	
3	Rami Oravakangas	FIN	1:55.98	
4	Kjetil Måkestad	NOR	1:56.05	
5	Jørgen Hasle Johansen	NOR	1:56.80	
6	Olli Päiväranta	FIN	1:57.06	
7	Jacob Carstensen	DEN	2:05.57	

1500 m				21 aug
1	Olle Walleräng	SWE	4:11.96	
2	Kjetil Måkestad	NOR	4:12.38	
3	Joachim Brøndbo	NOR	4:14.17	
4	Tapani Virtanen	FIN	4:14.45	
5	Albert Mollén	SWE	4:14.95	
6	Morten Munkholm	DEN	4:14.98	
7	Torsti Kettula	FIN	4:15.56	

5000 m				21 Aug
1	Henri Manninen	FIN	15:01.17	
2	Joonas Harjamäki	FIN	15:02.59	
3	Kári Karlsson	ISL	15:03.16	
4	Per Sandtrøen	NOR	15:12.82	
5	Joel Lewis-Jonsson	SWE	15:14.71	
6	Thomas Stave Gabrielsen	NOR	15:15.92	
7	Anders Pedersen	DEN	15:48.93	
8	Henry Gross	SWE	16:14.85	

110 m hurdles				21 Aug	-0,7
1	Teemu Linkosaari	FIN	14.41		
2	Jussi Viita	FIN	14.57		
3	Johan Carlsson	SWE	14.85		
4	Michel Tornéus	SWE	14.89		
5	Christian Laugesen	DEN	15.02		
6	Morten Benserud	NOR	15.54		
7	Steffen Kjønås	NOR	15.55		

400 m hurdles				22 Aug
1	Teemu Linkosaari	FIN	53.22	
2	Niklas Larsson	SWE	54.81	
3	Andreas Bube	DEN	55.34	
4	Micjel Tornéus	SWE	55.48	
5	Steffen Kjønås	NOR	55.61	
6	Morten Benserud	NOR	55.76	
7	Roni Haimakka	FIN	58.63	

3000 m steeplechase				21 Aug
1	Øystein Andersen	NOR	9:18.08	
2	Olli-Pekka Keronen	FIN	9:49.08	
3	Christian Bjørge	NOR	9:52.18	
4	Michael Schmidt	DEN	9:56.24	
5	Oskar Nilsson	SW	10:05.39	
6	Niklas Colliander	FIN	10:18.36	
7	Daniel Bengtsson	SWE	10:34.06	

10000 m Walk				22 Aug
1	Ato Ibáñez	SWE	46:38.38	
2	Nillo Halonen	FIN	46:55.35	
3	Bjørn Ølness	NOR	49:17.23	
4	Asko Ala-Petäys	FIN	49:19.82	

5	Andreas Nilsen	DEN	52:58.70
	Remo Ibáñez	SWE	DQ
	Casper Hansson	DEN	DQ

High jump				21 Aug
1	Jussi Tasala	FIN	2.08	
2	Björn Pettersson	SWE	2.04	
3	Jussi Viita	FIN	2.04	
4	Sanuel Linden	SWE	2.00	
5	Bjørn Christensen	DEN	1.85	

Series	1.80	1.85	1.90	1.95	2.00	2.04	2.08	2.13
1					XX	O	O	XXX
2			O	O	XXO	O	XXX	
3		O	-	-	O	XX	XXX	
4			O	O	O	XXX		
5	O	O	XXX					

Pole vault				22 Aug
1	Johan Carlsson	SWE	4.95	
2	Jesper Fritz	SWE	4.95	
3	Lauri Rumbin	FIN	4.90	
4	Aki Salminen	FIN	4.60	
5	Alexander Olsen	NOR	4.30	
6	Henning Dahl Holti	NOR	4.10	

Series	3.50	3.70	3.90	4.10	4.30	4.50	4.60	4.70	4.80	4.90	4.95	5.15
1								O	-	X-	XX	XXX
2						O	O	O	O	-	XXO	-
3					O	O	O	O	-	O	XXX	
4					O	XX	XXO	XXX				
5			O	O	O	XXX						
6	O	O	XX	XXO	XXX							

Long jump				21 Aug
1	Hannu Hämäläinen	FIN	7.19	
2	Michel Tornéus	SWE	7.12	
3	Jyri Virta	FIN	6.99	
4	Þorsteinn Ingvarsson	ISL	6.94	
5	Tommy Lampa	SWE	6.75	
6	Rune Børli Solaker	NOR	6.54	
7	Sindre Almsengen	NOR	6.51	
8	Christian Laugesen	DEN	6.51	

Series	1	2	3	4	5	6
1	7.19	7.04	6.98	-	5.13	7.12
	+1,3	-0,3	-0,1		+0,6	-0,2
2	7.12	6.09	-	6.83	7.08	6.94
	-0,2	+1,7		+0,3	+1,3	-0,8
3	6.58	6.78	6.90	6.81	6.99	X
	-1,0	+0,8	-0,2	+0,7	+1,1	+0,6
4	6.77	6.75	6.93	X	X	6.94
	+0,3	+0,3	+1,1	+1,7	+1,4	-1,8
5	X	X	6.71	6.56	X	6.75
			+1,4	-0,2		+1,6
6	6.46	6.27	6.54	6.39	6.40	6.36
	-1,9	+0,6	+1,0	+0,9	+0,7	-1,0
7	X	6.51	X	X	X	6.49
		+0,6				+1,3
8	6.31	6.20	-	6.51	6.44	6.34
	+0,1	-0,3		+1,9	-0,3	-2,8

Triple jump				22 Aug
1	Miikka Kelo	FIN	14.74	
2	Daniel Sjöling	FIN	14.66	
3	Þorsteinn Ingvarsson	ISL	14.25	
4	Andreas Otterling	SWE	14.24	
5	Sindre Almsengen	NOR	14.09	
6	Sebastian Ekstrand	SWE	14.06	
7	Jacob Carstensen	DEN	13.04	
	Preben Slaatten	NOR	NM	

Series	1	2	3	4	5	6
1	14.38	14.49	14.41	X	14.34	14.74
	+1,4	+0,9	+0,4		-0,8	-2,0
2	X	X	14.66	X	14.22	14.30
			-0,2		+0,7	-1,1
3	13.73	13.82	13.86	13.95	13.83	14.25

	+1,3	+1,4	+0,4	+1,0	-0,2	-1,6
4	X	14.24	13.77	X	13.65	14.10
		+1,4	-0,1		-0,5	-0,9
5	14.09	12.16	X	13.44	11.98	X
	+2,2	-0,6		+0,8	-0,3	
6	13.73	13.64	13.60	13.75	13.64	14.06
	+1,8	+1,7	+1,5	+0,2	-1,4	-1,3
7	X	13.00	13.04	X	12.52	-
		+0,9	+1,0		-0,6	
	X	X	X			

Shot put			21 aug	
1	Olli-Pekka Siponen	FIN	17.16	
2	Mats Olsson	SWE	16.42	
3	Idar Grøneng Havn	NOR	16.27	
4	Knut Syvertsen	NOR	16.19	
5	Jarkko Takaluoma	FIN	16.17	
6	Jonas Pihlgren	SWE	15.74	
7	Nick Petersen	DEN	13.69	

Series	1	2	3	4	5	6
1	16.61	16.41	X	X	X	17.16
2	15.66	15.60	15.84	X	16.35	16.42
3	15.44	15.53	15.78	16.27	16.01	16.14
4	14.54	15.06	14.97	15.31	15.99	16.19
5	15.96	16.01	16.10	X	16.13	16.17
6	X	X	15.19	X	15.74	X
7	X	13.02	13.69	X	X	13.59

Discus throw			22 Aug	
1	Jarkko Takaluoma	FIN	48.80	
2	Ibro Ribic	SWE	48.62	
3	Steffen Nerdal	NOR	47.88	
4	Knut Syvertsen	NOR	46.92	
5	Tommy Kristiansen	SWE	46.16	
6	Henrik Laitasalo	FIN	42.45	

Series	1	2	3	4	5	6
1	41.39	48.80	X	X	X	X
2	44.96	43.27	48.24	43.18	48.09	48.62
3	47.88	45.43	46.96	X	X	40.62
4	40.04	39.57	44.04	46.92	X	46.03
5	38.91	X	44.55	46.16	X	45.18
6	X	42,45	X	X	X	X

Hammer throw			22 aug	
1	Mikko Järvinen	FIN	68.31	
2	Joha Kauppinen	FIN	67.09	
3	Bergur Ingi Pétursson	ISL	66.05	
4	Hans Eriksson	SWE	61.80	
5	Steffen Nerdal	NOR	59.97	
6	Vegard Vågane	NOR	56.45	
7	Torbjörn Sörman	SWE	54.31	

Series	1	2	3	4	5	6
1	65.89	68.31	67.97	65.82	68.05	X
2	65.97	X	67.09	66.95	66.40	65.45
3	X	X	66.05	64.51	62.74	64.06
4	60.11	X	58.63	59.84	61.80	61.48
5	56.20	57.95	57.68	59.97	59.80	X
6	56.45	X	55.82	X	54.20	56.16
7	X	X	X	54.31	51.37	X

Javelin throw			21 aug	
1	Niklas Wiberg	SWE	69.38	
2	Juha Pääkkönen	FIN	67.96	
3	Mika Paajanen	FIN	67.75	
4	Henrik Rossel	DEN	56.74	
5	Jesper Sandberg	SWE	56.36	
6	Atle Fosseli	NOR	54.83	
	John Andreas Omdal	BOR	NM	

Series	1	2	3	4	5	6
1	65.23	X	66.08	67.63	64.66	69.38
2	X	66.68	67.96	X	X	X
3	C	61.44	65.57	65.90	X	67.75
4	55.47	49.54	56.39	56.74	54.01	55.54
5	56.36	54.91	X	54.97	X	54.01
6	X	54.83	X	52.02	X	X
	X	X	-	-	-	-

4x100 m relay			21 Aug
1	FIN	41.12	(Teemu Vilén, Antti Vainionpää, Hannu Hämäläinen, Timo Salonen)
2	SWE	41.44	(Jens Löfgren, Djordje Djekic, Rasmus Lanz, Stefan Tärnhuvud)
3	DEN	42.17	(Christian Laugesen, Niklas Hyde, Andreas Bube, Mikkel Matzen))
4	NOR	DQ	(Rune Børli Solaker, Steffen Løvås, Rasmus Rypdal, Christian Settemslis Mogstad)

4x400 m relay		22 Aug	
1	SWE	3:16.60	(Joni Jaako, Niklas Larsson, Fredrik Johansson, Mattias Claesson)
2	FIN	3:18.29	(Gustav Klingstedt, Roni Haimakka, Tapani Virtanen, Teemu Linkosaari)
3	DEN	3:18.38	(Niklas Hyde, Andreas Bube, Mikkel Matzen, Mikkel Klejnstrup)
4	NOR	3:19.61	(Steffen Kjønnås, Jørgen Hasle Johansen, Christian Settemslis Mogstad, Steinar Bergheim)

Points Men	Nation	Total
	FIN	237
	SWE	217
	NOR	130
	DEN/ISL	80

Women		
100 m		
		21 Aug -2,7
1	Annika Andersson	SWE 12.15
2	Suvi Paakkinen	FIN 12.25
3	Maria Teilman	SWE 12.26
4	Sigurbjörg Ólafsdóttir	ISL 12.32
5	Thea Oppegaard	NOR 12.46
6	Piia Roslund	FIN 12.53
7	Cathy Nyarkoh	NOR 12.54
8	Tina Brødsgaard	DEN 12.59
200 m		
		22 aug -0,6
1	Emma Björkman	SWE 24.39
2	Elin Lundqvist	SWE 24.57
3	Elisa Hakamäki	FIN 24.77
4	Marie Hagle	NOR 25.07
5	Siri Eritsland	NOR 25.08
6	Tina Brodsgaard	DEN 25.74
7	Sigurbjörg Ólafsdóttir	ISL 25.79
8	Johanna Laine	FIN 25.99

400 m			21 Sep	
1	Emma Björkman	SWE	54.34	
2	Stine Tomb	NOR	55.49	
3	Sara Strömberg	SWE	56.36	
4	Piritta Vaattovaara	FIN	56.85	
5	Ingrid Magnus	NOR	57.87	
6	Katrine Mikkelsen	DEN	58.46	
7	Emilia Granlund	FIN	59.08	
8	Hildur Kristín Stefánsdóttir	ISL	59.26	

800 m			22 Aug	
1	Ida Lindström	SWE	2:11.94	
2	Elin Wiik	SWE	2:12.87	
3	Stephanie Meismaa	FIN	2:13.05	
4	Katriina Välimäki	FIN	2:14.33	
5	Ida Landgraff	NOR	2:14.72	
6	Kjersti Oslandsbotten	NOR	2:15.11	
7	Sofie Vilholt	DEN	2:18.26	

1500 m			21 Aug	
1	Sanna Kaaria	FIN	4:29.80	

2	Anna Jørgensen	DEN	4:33.26
3	Ida Lindström	SWE	4:33.80
4	Íris Skúladóttir	ISL	4:34.46
5	Ann Johansson	SWE	4:39.73
6	Milla Kasurinen	FIN	4:40.62
7	Kristina Vandbakk	NOR	4:46.36

3000 m		22 Aug	
1	Sanna Kaaria	FIN	9:47.17
2	Iris Skúladóttir	ISL	9:50.37
3	Anna Jørgensen	DEN	9:59.58
4	Laura Skyttä	FIN	9:59.94
5	Kari-Anne Myhre	NOR	10:06.52
6	Emma Lundgren	SWE	11:03.14
7	Moa Westman	SWE	11:04.05

100 m hurdles		21 Aug	-0,5
1	Elisa Hakamäki	FIN	13.57
2	Christina Vukicevic	NOR	13.67
3	Johanna Sjöström	SWE	13.99
4	Christine Skodvin	NOR	13.99
5	Maiju Björkholm	FIN	14.33
6	Emma Magnusson	SWE	14.45
7	Kristín Birna Ólafsdóttir	ISL	14.86
8	Tine Bach Ejlersen	DEN	15.50

400 m hurdles		22 Aug	
1	Therese Gustafsson	SWE	60.24
2	Sara Strömberg	SWE	61.43
3	Elisa Kirvesniemi	FIN	61.77
4	Kristín Birna Ólafsdóttir	ISL	62.15
5	Saija Hietapakka	FIN	62.50
6	Christine Næsheim Bjørkvik	NOR	62.91
7	Ingrid Magnus	NOR	65.16
8	Þóra Kristín Pálsdóttir	ISL	66.38

2000 m steeplechase		22 Aug	
1	Hanna Holst	SWE	7:05.35
2	Kine Hallan Steiwer	NOR	7:13.94
3	Marja-Leena Kurki	FIN	7:14.71
4	Sofia Bernestål	SWE	7:17.44
5	Janica Mäkelä	FIN	7:19.64
6	Miriam Hovda	NOR	7:19.69
7	Désirée Culmsée	DEM	7:59.94

5000 m walk		22 Aug	
1	Emma Nilsson	SWE	25:56.59
2	Anne Halkivaha	FIN	26:19.58
3	Marie Olsson	SWE	27:41.23
4	Camilla Heggøy	NOR	28:19.76
	Kati Penttinen	FIN	DQ

High jump		22 Aug	
1	Marika Salmi	FIN	1.75
2	Øyunn Grindem	NOR	1.73
3	Tiina Hakanen	FIN	1.71
4	Stine Kufaas	NOR	1.71
5	Frida Brolin	SWE	1.66
6	Elin Hansson	SWE	1.63
7	Dagrún Inga Þorsteinsdóttir	ISL	1.60
8	Tine Bach Ejlersen	DEN	1.55

Series	1.50	1.55	1.60	1.63	1.66	1.69	1.71	1.73	1.75	1.80
1										
2										
3										
4										
5										

6										
7										
8										

Pole vault		21 Aug	
1	Lotta Hultin	SWE	3.80
2	Miina Kenttä	FIN	3.70
3	Sophie Larup	SWE	3.40
4	Jessica Westö	FIN	3.30
5	Fanney Björk Tryggvadóttir	ISL	3.30
6	Louise Lundin	SWE	3.10

Series	3.10	3.20	3.30	3.40	3.45	3.50	3.55	3.60	3.65	3.70	3.75	3.80	3.85	4.01
1														
2														
3														
4														
5														
6														

Long jump		22 Aug	
1	Marie Barenfeldt	SWE	5.95
2	Leena Männikkö	FIN	5.94
3	Malin Marmbrandt	SWE	5.70
4	Anna Koskinen	FIN	5.69
5	Sigurbjörg Ólafsdóttir	ISL	5.68
6	Vibecke Brun	NOR	5.63
7	Cathrine Schimmell	DEN	5.25
8	Cathy Nyarkoh	NOR	5.14

Series	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						
7						
8						

Triple jump		21 Aug	
1	Elina Sorsa	FIN	13.01
2	Mfon Etim	SWE	12.67
3	Anna Koskinen	FIN	12.48
4	Malin Marmbrandt	SWE	12.11
5	Vibecke Brun	NOR	11.93
6	Þóra Pálsdóttir	ISL	11.65
7	Julie Flensburg Madsen	DEN	11.59

Series	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						
7						

Shot put		22 Aug	
1	Caroline Hjelt	SWE	13.79
2	Suvi Helin	FIN	13.67
3	Ásdís Hjalmsdóttir	ISL	13.44
4	Suvi Paakkinen	FIN	12.91
5	Pia Ankarling	SWE	12.04
6	Charlotte Lund Abrahamsen	NOR	11.90
7	Ida Marcussen	NOR	11.88

Series	1	2	3	4	5	6
1	13.79	X	X	13.66	13.51	13.64
2	13.47	X	X	13.07	13.67	13.63
3	12.37	13.27	13.44	-	-	-
4	12.90	12.91	X	X	X	X
5	X	11.14	11.44	11.76	12.04	X
6	X	11.19	11.85	11.69	11.90	X
7	11.68	11.56	11.43	11.84	X	11.88

<i>Discus throw</i>			21 Aug
1	Sanna Kämäräinen	FIN	47.30
2	Caroline Hjelt	SWE	45.10
3	Ásdís Hjálmsdóttir	ISL	45.03
4	Cathrine Boman	FIN	44.63
5	Benedicte Øvrebø	NOR	40.11
6	Caroline Höglund	SWE	38.86
7	Hilde Sæverud	NOR	36.94

Series	1	2	3	4	5	6
1	45.77	47.30	X	44.72	42.41	42.38
2	40.70	X	X	45.10	43.32	39.94
3	44.61	43.71	41.71	X	45.03	43.30
4	44.63	43.29	X	43.56	X	43.15
5	39.16	X	X	40.11	X	X
6	38.13	36.64	38.86	37.57	X	37.09
7	36.94	X	X	35.84	33.37	35.59

<i>Hammer throw</i>			21 Sep
1	Annika Hjelm	SWE	57.38
2	Nina Schvedoff	FIN	55.80
3	Kaisa Ahonen	FIN	52.67
4	Frida Bolin	SWE	50.04
5	Hilde Sæverud	NOR	45.46
6	Hanne Frydenlund	NOR	35.13

Series	1	2	3	4	5	6
1	54.89	57.38	52.59	X	51.30	54.11
2	54.65	55.80	X	X	X	X
3	51.72	52.67	52.34	50.20	47.95	50.42
4	X	50.04	49.52	X	X	48.93
5	44.20	43.91	43.43	X	42.70	45.46
6	X	34.16	X	X	34.98	35.13

<i>Javelin throw</i>			22 Aug
1	Ásdís Hjálmsdóttir	ISL	49.75
2	Pauliina Paunu	FIN	46.59
3	Ida Marcussen	NOR	45.96
4	Jane Lindved	DEN	45.18
5	Marléne Lindström	SWE	45.01
6	Malin Renman	SWE	44.83
7	Teresa Kungas	FIN	44.61
8	Tove Beate Dahle	NOR	37.98

Series	1	2	3	4	5	6
1	44.88	46.96	X	49.75	46.22	47.24
2	X	38.57	42.00	44.95	46.59	X
3	43.56	X	45.96	42.13	X	41.95
4	38.90	40.13	41.27	40.81	45.18	41.30
5	X	44.15	X	45.01	X	43.66
6	X	44.11	41.93	44.11	44.83	X
7	X	40.22	44.61	44.46	42.66	44.40
8	37.98	35.81	35.41	X	36.66	36.10

<i>4x100 m relay</i>			21 Aug
1	SWE	46.16	(Annika Andersson, Maria Teilman, Pernilla Tornemark, Elin Lundqvist)
2	FIN	46.76	(Suvi Paakkinen, Piia Roslund, Maiju Björkholm, Elisa Hakamäki)
3	ISL	48.13	(Kristín Birna Ólafsdóttir, Hildur Kristín Stefánsdóttir, Þóra Kristín Pálsdóttir, Sigurbjörg Ólafsdóttir)
4	DEN	48.79	(Tine Ejlersen, Tina Brødsgaard, Julie Flensborg Madsen, Cathrine Schimmell)
	NOR	DQ	(Cathy Nyarkoh, Siri Eritslund, Marie Hagle, Thea Oppegaard)

<i>4x400 m relay</i>			22 Aug
1	SWE	3:43.62	(Sara Strömberg, Emma Agerbjer, Pernilla Tornemark, Emma Björkman)

2	NOR	3:50.13	(Ingrid Magnus, Christine Næsheim Bjørkvik, Kjersti Oslandsbotten, Stine Tomb)
3	FIN	3:50.95	(Saija Hietapakka, Emilia Granlund, Elisa Kirvesniemi, Piritta Vaattovaara)
4	DEN/ISL	4:03.21	(Katrine Mikkelsen, Sofie Vilhold, Kristin Olafsdóttir, Anna Holm)

Points Women	Nation	Total
	SWE	238
	FIN	211
	NOR	121
	DEN/ISL	99

Nordic Race Walking Championships

Stockholm, SWE 11 Sep

Men

<i>Senior</i>		11 Sep	20000m
1	Bengt Bengtsson	SWE	1:34:40.2
2	Christer Svensson	SWE	1:37:04.7
3	Erling Andersen	NOR	1:38:33.0
4	Jacob Sørensen	DEN	1:39:17.6

Trond Nymark, NOR DQ

<i>U23</i>		11 Sep	20000m
	Janne Meriläinen	FIN	DQ

<i>U20</i>		11 Sep	10000m
1	Ato Ibáñez	SWE	47:39.6
2	Nillo Halonen	FIN	48:08.7
3	Bjørn Ove Ølness	NOR	48:29.4
4	Asko Ala-Petäys	FIN	50:40.4
5	Richard Hermansson	SWE	60:44.8

<i>U18</i>		11 Sep	5000m
1	Hekki Kukkonen	FIN	22:44.6
2	Sakari Arffman	FIN	24:54.6
3	Andreas Nielsen	DEN	25:03.2
4	Daniel Hermansson	SWE	25:28.8
5	Karsten Nilsen	NOR	31:42.7

Casper Hansson, DEN DQ, Remo Ibáñez, SWE DQ

<i>U16 (Match only)</i>		11 Sep	3000m
1	Perseus Ibáñez	SWE	15:53.6
2	Anders Lindahl	SWE	17:49.1
3	Jasper Westlund	NOR	18:21.3
4	Joakim Sælen	NOR	18:21.3

Women

<i>Senior</i>		11 Sep	10000m
1	Outi Sillanpää	FIN	50:27.2
2	Hanne Liland	NOR	53:50.9
3	Tiina Kokkonen	FIN	54:06.2
4	Ellinor Hogrell	SWE	56:05.1

Ileana Salvador, SWE DQ, Monica Svensson, SWE DQ, Kjersti Tysse Plätzer, NOR DQ

<i>U23</i>		11 Sep	10000m
1	Marja Penttinen	FIN	51:54.6
2	Mirke Hämäläinen	FIN	53:51.9

<i>U20</i>		11 Sep	5000m
1	Emma Nilsson	SWE	25:32.2
2	Anne Halkivaha	FIN	25:51.1
3	Mari Olsson	SWE	26:55.8
4	Camilla Heggøy	NOR	27:53.4
5	Kati Penttinen	FIN	30:38.9

<i>U18</i>		11 Sep	5000m
1	Karoliina Kaasalainen	FIN	25:16.2
2	Maria Eriksson	SWE	29:02.6
3	Emelie Gustafsson	SWE	30:26.8

Anna Karrila, DIN DQ			
U16 (Match only)			
11 Sep	3000m		
1	Sara Eriksson	SWE	17:14.5
2	Katrine Louise Andersen	NOR	22:12.4

Points	Women	Nation	Total
		FIN	79
		SWE	67
		NOR	28
		DEN	11

Nordic U23 Championships

Lisleby, Fredrikstad, NOR 11-12 Sep

Men

100 m				11 Sep	
Heat				Heat 1:	0,0
1	2			Heat 2:	+1,0
1	1	Morten Jensen	DEN	10.42	
2	2	Simo Sipilä	FIN	10.66	
3	3	Niko Jalava	FIN	10.75	
4	4	Daniel Persson	SWE	10.76	
5	5	Pontus Nilsson	SWE	10.87	
6	6	Rune Selstad	NOR	10.96	
7	1	Tommi Huomanen	FIN	10.99	
8	2	Christian Settemslis Mogstad	NOR	11.04	
9	3	Magne Skovli	NOR	11.25	

200 m				12 Nov	
Heat				Heat 1:	+4,1
1	2			Heat 2:	+2,5
1	1	Einar Inge Aasen	NOR	21.55	
2	2	Thomas Niktin	SWE	21.56	
3	3	Teemu Jokela	FIN	21.65	
4	4	Andreas Mokdasi	SWE	21.73	
5	5	Rune Selstad	NOR	21.77	
6	6	Tomi Javanainen	FIN	21.77	
7	1	Jussi Heikkilä	FIN	22.05	
8	2	Christian Settemslis Mogstad	NOR	22.13	
	X	Fredrik Sturesson	SWE	DNF	

400 m				11 Sep	
1	Andreas Mokdasi	SWE	47.41		
2	Einar Inge Aasen	NOR	47.54		
3	Thomas Nikitin	SWE	47.56		
4	Kristoffer Nyhuus	NOR	48.69		
5	Johan Nordmyr	FIN	49.95		
6	Per Johnsson	SWE	51.19		
	Björgvin Víkingsson	ISL	DNS		

800 m				11 Sep	
1	Ådne Svahn Dæhlin	NOR	1:51.51		
2	Jan Olszowy	SWE	1:51.97		
3	Mikael Bergdahl	FIN	1:52.20		
4	Hans Chr. Nettelund van Nijkerk	NOR	1:52.75		
5	Mattias Fager	SWE	1:53.04		
6	Mikko Lahtio	FIN	1:53.06		
7	Anders Leinäs	SWE	1:53.94		

1500 m				12 Nov	
1	Kjetil Måkestad	NOR	4:04.95		
2	Mikael Bergdahl	FIN	4:05.07		
3	Niclas Sandells	FIN	4:05.61		
4	Oskar Käck	SWE	4:05.75		
5	Joachim Brøndbo	NOR	4:12.08		

5000 m				11 Sep	
1	Oskar Käck	SWE	14:26.46		

2	Bjørnar Ustad Kristensen	NOR	14:32.55
3	Aki Uutela	FIN	14:41.78
4	Mats Granström	SWE	14:47.21
5	Joachim Brøndbo	NOR	15:03.02
6	Antti Leskinen	FIN	15:15.37

110 m hurdles				12 Sep	+4,1
1	Markus Vilén	FIN	14.40		
2	Antti Korkealaakso	FIN	14.49		
3	Christian Sjöberg	SWE	14.69		
	Eivind Stavang	NOR	DQ		
	Henrik Encke	SWE	DQ		

400 m hurdles				11 Sep	
1	Jussi Heikkilä	FIN	51.57		
2	Juha Selänpää	FIN	53.76		
3	Henrik Encke	SWE	54.91		
4	Björgvin Víkingsson	ISL	55.91		
5	Joel Gustavsson	SWE	55.92		

3000 m steeplechase				12 Sep	
1	Bjørnar Ustad Kristensen	NOR	9:22.31		
2	Mats Granström	SWE	9:36.36		
3	Oskar K. Gustavsson	SWE	9:40.74		
4	Pepe Mäenpää	FIN	9:45.36		
5	Jarno Stenholm	FIN	10:32.96		

High jump				11 Sep	
1	Umit Demirci	SWE	2.07		
2	Joel Spolén	SWE	2.04		
3	Andreas Aune Viken	NOR	2.04		
4	Antti Kinnunen	FIN	2.04		
5	Christian Norstedt	SWE	2.01		
6	Urpo Sippola	FIN	1.95		

Series	1.95	1.98	2.01	2.04	2.07	2.10
1	o	-	xxo	-	xxo	-
2				o	xxx	-
3			o	xo	xxx	
4	o	-	o	xxo	xxx	
5			o	xxx		
6	xo	-	xxx			

Pole vault				11 Sep	
1	Mikael Westö	FIN	4.85		
2	Eirik Ruud	NOR	4.70		
3	Juho-Matti Pimiä	FIN	4.60		
4	Petter Barck	SWE	4.40		
5	Gustav Hultgren	SWE	4.40		

Series	4.40	4.60	4.70	4.80	4.85	4.90
1			o	-	xxo	-
2	xo	xo	xo	xxx		
3		o	-	xxx		
4	o	xxx				
5	xxo	xx-	x			

Long jump				12 Sep	
1	Morten Jensen	DEN	7.81		
2	Robert Bagge	SWE	7.52		
3	Daniel Arnsten	SWE	7.22		
4	Juho-Matti Pimiä	FIN	7.16		
5	Petteri Toivonen	FIN	7.14		
6	Sindre Almsengen	NOR	6.76		
7	Juha-Pekka Laivo	FIN	4.54		

Series	1	2	3	4	5	6
1	7.38	7.67	X	7.81	X	7.79
	+4,3	+5,3		+3,7		+2,9
2	7.20	X	7.48	7.52	7.39	X
	+2,7		+4,7	+3,6	+2,9	
3	7.10	X	7.22	X	X	X
	+4,1		+4,7			
4	7.15	7.04	X	7.16	7.08	6.98
	+4,1	+3,9		+2,9	+3,6	+2,5

5	5.03	6.85	X	6.95	7.14	7.14
	+5,2	+2,3		+4,3	+3,8	+2,7
6	6.36	X	X	6.76	X	X
	+3,2			+5,2		
7	X	X	-	4.54	X	X
				+2,8		

Triple jump			11 Sep	
1	Martin Eriksson	SWE	15.81	
2	Juha-Pekka Laivo	FIN	14.74	
3	Joakim Urdahl	NOR	14.58	
4	Jussi Tuunanen	FIN	14.34	
5	Sebastian Lindén	SWE	14.21	
6	Sindre Almsengen	NOR	14.16	

Extra: Anton Andersson, SWE 16.30 (+1,6)

Series	1	2	3	4	5	6
1	15.34	15.81	X	X	X	15.38
	+2,0	+3,3				+2,1
2	14.56	14.74	X	X	14.57	14.39
	+2,2	+2,6			+2,5	+1,8
3	X	13.62	14.16	14.18	X	14.58
		+2,4	+1,1	+2,2		+1,9
4	X	14.34	X	-	-	X
		+1,5				
5	X	X	X	14.21	X	X
				+1,2		
6	13.75	X	14.12	13.99	14.08	14.16
	+2,7		+1,2	+1,7	+2,8	+1,9

Shot put			11 Sep	
1	Robert Häggblom	FIN	19.48	
2	Mika Vasara	FIN	19.20	
3	Gunnar Åsvestad	NOR	15.55	
4	Knut S. Syvertsen	NOR	14.76	
5	Christer Björkander	SWE	14.28	
6	Robert Melin	SWE	13.32	

Series	1	2	3	4	5	6
1	18.91	X	X	18.58	19.48	X
2	18.19	18.91	X	18.43	19.20	X
3	15.28	15.55	X	X	X	15.04
4	14.20	13.96	14.06	X	13.78	14.76
5	13.59	13.80	14.28	13.96	13.96	X
6	X	13.32	X	X	X	X

Discus throw			12 Sep	
1	Jouni Waldén	FIN	53.96	
2	Robert Melin	SWE	53.77	
3	Raine Munukka	FIN	53.36	
4	Gunnar Åsvestad	NOR	51.16	
5	Christian Ehrenborg	SWE	50.54	
6	Steffen Nerdal	NOR	48.98	

Series	1	2	3	4	5	6
1	X	41.97	49.17	53.96	52.58	X
2	X	X	X	X	49.63	53.77
3	50.84	53.36	X	X	52.57	X
4	X	51.16	50.74	X	49.90	X
5	50.54	X	48.60	X	X	X
6	47.04	X	48.82	X	X	48.98

Hammer throw			11 Sep	
1	Lasse Luotonen	FIN	69.07	
2	Kalle Nikula	FIN	63.15	
3	Pär Järlebrant	SWE	62.72	
4	Robert Alneroth	SWE	56.82	
5	Steffen Nerdal	NOR	55.05	
6	Robert Melin	SWE	52.43	

Series	1	2	3	4	5	6
1	X	X	X	65.48	67.48	69.07
2	X	62.97	61.11	X	63.15	61.82
3	59.55	X	X	62.72	59.56	58.81
4	53.60	54.29	X	56.82	X	54.73
5	52.45	53.48	X	53.78	X	55.05
6	X	52.43	52.06	X	X	X

Javelin throw			12 Sep	
1	Antti Ruuskanen	FIN	73.41	
2	Mikko Löppönen	FIN	70.32	
3	Mika Aalto	FIN	69.23	

4	Magnus Arvidsson	SWE	68.19
5	Gustav Melén	SWE	62.15
6	Atle Fosseli	NOR	54.96

Series	1	2	3	4	5	6
1	73.41	71.87	71.39	X	X	68.36
2	70.27	66.65	X	X	69.06	70.32
3	69.10	X	69.23	68.37	67.81	67.13
4	67.40	68.19	-	-	-	-
5	X	-	57.21	56.15	-	62.15
6	54.96	X	52.73	X	52.42	X

Extra: Teemu Pasanen, FIN 70.39, Paul Solberg NM

4x100 m relay			11 Sep	
1	SWE	41.28	(Daniel Persson, Pontus Nilsson, Andreas Mokdasi, Fredrik Sturesson)	
2	FIN	41.38	(Niko Jalava, Teemu Jokela, Tommi Huomanen, Markus Vilén)	
3	NOR	41.84	(Magne Skovli, Christian Settemslie Mogstad, Rune Selstad, Einar Inge Aasen)	

4x400 m relay			12 Sep	
1	SWE	3:14.61	(Jan Olszowy, Mattias Fager, Thomas Nikitin, Andreas Mokdasi)	
2	NOR	3:15.29	(Kristoffer Nyhuus, Ådne Svahn Dæhlin, Christian Mogstad, Einar Inger Aasen)	
3	FIN	3:17.33	(Tomi Javanainen, Juha Selänpää, Jussi Heikkilä, Johan Nordmyr)	

Women

100 m			12 Sep	
Heat			Heat 1:	+1,7
1 2			Heat 2:	+1,4
1	1	Jenny Ljungren	SWE	11.91
2	2	Siina Pylkkä	FIN	11.92
3	3	Daniela Lincoln-Saavedra	SWE	12.00
4	4	Elina Korjansalo	FIN	12.21
5	1	Frida Claesson	SWE	12.25
6	5	Anna Heiniö	FIN	12.37
7	2	Stine Rui	NOR	12.43
8	3	Tonje Hjelseng	NOR	12.46
X		Siri Eritslund	NOR	DQ

200 m			12 Sep	+5,2
1	Jenny Ljungren	SWE	24.61	
2	Frida Claesson	SWE	24.72	
3	Siri Eritslund	NOR	24.98	
4	Jenniina Halkoaho	FIN	25.36	
5	Stine Rui	NOR	25.48	
6	Emma Salomonsson	SWE	26.00	
	Anna Heiniö	FIN	DNS	

400 m			11 Sep	
1	Carla Bosco	FIN	55.82	
2	Stine Tomb	NOR	56.23	
3	Attaa Asare	GIN	58.78	
4	Maria Warensjö	SWE	59.71	
	Jennie Hurkmans	SWE	DNS	
	Sara Voltaire	SWE	DNS	

800 m			12 Sep	
1	Alvilde Ossum	NOR	2:16.72	
2	Anna Storlund	SWE	2:17.56	
3	Minna Nummela	FIN	2:18.14	
4	Stine Tomb	NOR	2:20.22	
5	Sofie Eklund	SWE	2:23.44	
6	Ingrid Magnus	NOR	2:24.47	
7	Maria Lindelöf	SWE	2:25.61	

1500 m			11 Sep	
1	Ulla Tuimala	FIN	4:30.58	
2	Liv-Miriam Nordtømme	NOR	4:32.46	
3	Minna Nummela	FIN	4:36.68	

	5000 m	12 Sep	
1	Ulla Tuimala	FIN	17:08.97
2	Anna Stållberg	SWE	18:29.42
3	Heidi Gröndahl	FIN	18:42.77
4	Johanna Biermkvist	SWE	18:56.34

	400 m hurdles	11 Sep	
1	Ilona Ranta	FIN	59.59
2	Jennie Hurkmans	SWE	62.12
3	Milja Kuikka	FIN	64.46
4	Sara Voltaire	SWE	66.03
	Mari Bones	NOR	DNF

	<i>High jump</i>	12 Sep	
1	Emma Green	SWE	1.75
2	Angelica Johansson	SWE	1.70
3	Helena Redborg	SWE	1.70
4	Alina Mattila	FIN	1.70
5	Elin Marvik	NOR	1.65
6	Thale Glomsrød	NOR	1.65
7	Jonna Anias	FIN	1.60

	<i>Pole vault</i>	12 Sep	
1	Maria Rendin	SWE	3.50
2	Lisa Wälitalo	FIN	3.40
=3	Elina Ketovainio	FIN	3.20
=3	Jenny Truuberg	SWE	3.20
5	Lotta Juslin	FIN	3.20

	<i>Long jump</i>	11 Sep	
1	Daniela Lincoln-Saavedra	SWE	6.03
2	Jenniina Halkoaho	FIN	5.89
3	Heidi Lindell	FIN	5.81
4	Elina Korjansalo	FIN	5.79
5	Margrethe Renstrøm	NOR	5.71
6	Thale Glomsrød	NOR	5.70
7	Vibecke Brun	NOR	5.62
8	Moa Bergsten	SWE	5.57
9	Jóhanna Ingadóttir	ISL	5.53

	+1,7	+2,9	+1,6	+1,3		+0,9
2	5,66	5.89	5.81	5.72	5.76	X
	+4,2	+1,9	+1,5	+2,9	+0,1	
3	5.81	X	5.75	5.51	X	X
	+1,6		+3,0	+0,6		
4	5.79	X	3.66	3.77	X	2.74
	+1,8		+1,3	+2,3		+1,5
5	X	X	5.71	5.58	X	X
			+2,8	+1,7		
6	X	X	5.55	4.25	5.68	5.70
			+1,4	+1,6	+1,6	+1,5
7	X	5.62	X	5.30	5.52	5.46
		+2,0		+1,2	+1,2	+1,1
8	3.97	5.57	5.45	5.17	X	X
	+3,2	+1,7	+2,2	+2,3		
9	X	5.47	5.53			
		+2,1	+1,6			

Series	1	2	3	4	5	6
1	X	X	X	11.35	12.31	12.96
				+3,2	+4,5	+4,6
2	X	12.33	12.43	12.28	12.33	12.76
		+4,0	+2,7	+2,6	+3,9	+3,0
3	X	12.60	12.64	12.49	12.35	12.58
		+2,8	+3,5	+1,8	+2,2	+3,3
4	11.78	X	12.14	X	12.03	12.17
	+2,8		+2,5		+4,8	+3,1
5	11.64	11.46	11.87	11.87	12.09	X
	+5,0	+4,0	+3,4	+3,1	+3,8	
6	11.98	X	X	X	11.88	11.90
	+4,6				+2,6	+4,6
7	X	11.76	X	11.60	X	X
		+3,9		+4,9		

Series	1	2	3	4	5	6
1	X	13.69	13.13	13.21	13.56	13.47
2	13.01	12.72	X	X	12.79	13.13
3	12.31	12.61	12.84	12.55	X	12.53
4	12.19	12.08	12.75	12.04	X	12.17
5	11.31	11.33	X	11.24	11.05	X

Series	1	2	3	4	5	6
1	45.43	45.00	42.90	43.38	45.10	X
2	42.86	44.61	44.55	X	X	X
3	42.78	41.29	44.26	X	41.88	X
4	X	42.42	42.49	40.27	X	39.69
5	X	X	38.78	X	X	X
6	33.64	X	36.70	X	32.04	X

Series	1	2	3	4	5	6
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1	54.71	X	X	51.74	58.35	51.75
2	56.42	54.52	53.87	57.17	X	55.57
3	54.71	53.39	55.46	X	X	55.73
4	55.21	54.08	X	55.52	X	X
5	52.14	X	52.98	50.86	51.65	51.17
6	X	X	X	X	X	X

<i>Javelin throw</i>				11 Sep	
1	Ellinor Holgersson	SWE	51.01		
2	Janica Laine	FIN	47.99		
3	Sigrún Fjeldsted Sveinsdóttir	ISL	46.89		
4	Sanna Lammi	FIN	44.74		
5	Ida Marcussen	NOR	43.45		
6	Jennie Hurkmans	SWE	40.65		

<i>Series</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
1	47.50	46.54	51.01	45.76	44.71	51.00
2	41.77	44.64	43.96	43.85	43.69	47.99
3	46.89	45.95	43.06	45.06	45.75	46.82
4	39.19	43.33	43.66	41.99	44.74	44.05
5	43.45	X	X	X	X	X
6	X	34.73	36.68	X	X	40.65

<i>4x100 m relay</i>				11 Sep	
1	SWE	46.43	(Daniela Lincoln-Saavedra, Frida Claesson, Jenny Ljungren, Emma Salomonsson)		
2	FIN	46.84	(Siina Pykkä, Elina Korjansalo, Manuela Bosco, Anna Heiniö)		
3	NOR	47.22	(Siri Eritslund, Vibecke Brun, Tonje Hjelseth, Stine Rui)		

<i>4x400 m relay</i>				12 Sep	
1	NOR	3:50.82	(Mari Bones, Alvide Ossum, Ingrid Magnus, Stine Tomb)		
2	FIN	3:51.74	(Atta Asare, Carla Bosco, Ilona Ranta, Manuela Bosco)		
3	SWE	3:57.51	(Jenny Hurkmans, Frida Claesson, Marina Warensjö, Jenny Ljungren)		

Nordic Race Walking Championships Long distances

København, DEN 9 Oct

<i>Men</i>			
<i>Senior</i>	9 Oct	50km	
1	Trond Nymark	NOR	4:02:30
2	Bengt Svensson	SWE	4:29:08
3	Christer Svensson	SWE	4:38:32
4	Erling Andersen	NOR	4:46:35
5	Anders Wahlström	SWE	4:54:15
6	Peer Jensen	DEN	5:23:55
Mikael Sandaeus, SWE DNF, Bruno Christensen, DEN DNF, Søren Erik Svendsen, DEN DNF			

<i>Women</i>			
<i>Senior</i>	11 Sep	20km	
1	Kjersti Tysse Plätzer	NOR	1:33:27
2	Monica Svensson	SWE	1:33:37
3	Ellinor Hogrell	SWE	1:55:51
4	Hanne Liland	NOR	1:59:08
5	Nilda Christensen	DEN	2:09:06
6	Barbro Carlberg-Lindberg	SWE	2:30:43

Nordic Cross Country Championships

Ejby, DEN 14 Nov

<i>Men</i>			
<i>Senior</i>	14 Nov	9,5 km	
1	Claes Nyberg	SWE	29:34
2	Erik Sjöqvist	SWE	29:54
3	Henrik Skoog	SWE	30:00
4	Steen Walter	DEN	30:33
5	Juha Hellstén	FIN	30:37
6	Jari Matinlauri	FIN	30:40

7	Erik Pettersson	SWE	30:47
8	Christian H. Olsen	DEN	30:51
9 Terje Aggvin, NOR 30:53, 10 Henrik Them Andersen, DEN 30:53, 11 Kim Bergdahl, FIN 30:54, 12 Trond Idland, NOR 31:17, 13 Per Jacobsen, SWE 31:24, 14 Jesper Faurshou, DEN 31:29, 15 Vesa Eriävi, FIN 31:34, 16 Flemming Bjerre, DEN 31:38, 17 Bjarte Vik, NOR 31:46, 18 Henrik S. Andersen, NOR 31:52, 19 Mikael Talasjoki, FIN 31:59, 20 Yrjö Pesonen, FIN 32:11			

Teams:

1	SWE 13p (Claes Nyberg, Erik Sjöqvist, Henrik Skoog, Erik Pettersson)
2	DEN 36p (Steen Walter, Christian H. Olsen, Henrik Them Andersen, Jesper Faurshou)
3	FIN 37p (Juha Hellstén, Jari Matinlauri, Kim Bergdahl, Vesa Erojavi)
4	NOR 56p (Terje Aggvin, Trond Idland, Bjarte Vik, Henrik S. Andersen)

<i>U20</i>				14 Nov	6,6km
1	Joel Lewis Jonsson	SWE	21:19		
2	Øystein E. Andersen	NOR	21:22		
3	Thomas Stave Gabrielsen	NOR	21:26		
4	Olle Walleräng	SWE	21:32		
5	Tuomas Jokinen	FIN	21:32		
6	Kári Steinn Karlsson	ISL	21:41		
7	Lars Johansson	SWE	21:41		
8	Joachim Brøndbø	NOR	21:42		
9 Aki Nummela, FIN 21:47, 10 Henri Manninen, FIN 21:49, 11 Morten Munkholm, DEN 21:56, 12 Jarkko Järvenpää, FIN 22:21, 13 Thomas Madsen, DEN 22:29, 14 Michael Schmidt, DEN 22:41, 15 Christian S. Bjørge, NOR 22:42, 16 Oved Kipkuri, FIN 22:44, 17 Henry Gross, SWE 22:48, 18 Anders D. Pedersen, DEN 22:52, 19 David Nilsson, SWE 23:40					

Teams:

1	SWE 12p (Joel Lewis Jonsson, Olle Walleräng, Lars Johansson)
2	NOR 13p (Øystein E. Andersen, Thomas Stave Gabrielsen, Joachim Brøndbø)
3	FIN 24p (Tuomas Jokinen, Aki Nummela, Henri Manninen)
4	DEN 38p (Morten Munkholm, Thomas Madsen, Michael Schmidt)

Women

<i>Senior</i>				14 Nov	4,6 km
1	Susanne Wigene	NOR	15:59		
2	Kirsten Melkevik Otterbu	NOR	16:01		
3	Runa Bostad	NOR	16:08		
4	Ulla Tuimala	FIN	16:14		
5	Lena Gravelin	SWE	16:20		
6	Hanna Karlsson	SWE	16:31		
7	Anni Tuimala	FIN	16:44		
8	Louise Pil Mørch	DEN	16:48		
9 Ragnhild Kvarberg, NOR 16:49, 10 Catharina Asph, SWE 16:55, 11 Anette Byskata, FIN 17:00, 12 Jytte Pedersen, DEN 17:04, 13 Laila K. Laursen, DEN 17:08, 14 Helena Olofsson, SWE 17:15, 15 Maria Söderström, FIN 17:15, 16 Lisbeth Rasmussen, DEN 17:32, 17 Minna Nummela, FIN 17:42					

Teams:

1	NOR 6p (Susanne Wigene, Kirsten Melkevik Otterbu, Runa Bostad)
2	SWE 21p (Lena Gravelin, Hanna Karlsson, Catharina Asph)
3	FIN 22p (Ulla Tuimala, Anni Tuimala, Anette Byskata)
4	DEN 33p (Louise Pil Mørch, Jytte Petersen, Laila K. Laursen)

<i>U20</i>				14 Nov	4,4 km
1	Ingunn Opsal	NOR	16:16		
2	Anna Holm Jørgensen	DEN	17:09		
3	Paula Holma	FIN	17:14		
4	Frida Flodström	SWE	17:17		
5	Maija Skyttä	FIN	17:18		
6	Laura Skyttä	FIN	17:19		
7	Miriam Berg Hovda	NOR	17:21		
8	Paulina Oksanen	FIN	17:42		
9 Bodil Have, DEN 18:11, 10 Saara Skyttä, FIN 18:14, 11 Sandra Fransson, SWE 18:16, 12 Emma Lundgren, SWE 18:34, 13 Nicoline B. Hansen, DEN 18:50, 14 Sofie Barkstedt, SWE 19:32					

Teams:

1	FIN 14p (Paula Holma, Maija Skyttä, Laura Skyttä)
2	DEN 24p (Anna Holm Jørgensen, Bodil Have, Nicoline B. Hansen)
3	SWE 27p (Frida Flodström, Sandra Fransson, Emma Lundgren)