

This year consists of the following competitions:

12.2	Karlstad, SWE	12 th Nordic Indoor Match
27.-28.5	København, DEN	4 th Nordic Senior Championships
10.-11.6	Borås, SWE	49 th Nordic Junior Championships Combined Events
22.-23.7	Oslo, NOR	18 th Nordic U20 Match & Championships
19.-20.8	Lillestrøm, NOR	2 nd Nordic Para Athletics Championships
5.11	Reykjavik, ISL	27 th Nordic Cross Country Championships

Nordic Indoor Match

Eva Lisa Holtz Arena, Karlstad, SWE 12 feb

Men

60 m				12 feb
1	1	Henrik Larsson	SWE	6.61
2		Simon Hansen	DEN/ISL	6.67
3		Riku Illukka	FIN	6.73
4		Kolbeinn Hödur Gunnarsson	DEN/ISL	6.75
5		Jacob Vaula	NOR	6.79
6		Per-Tinius Fremstad-Waldron	NOR	6.79
7		Thomas Jones	SWE	6.87
8		Roope Saarinen	FIN	6.91

200 m				12 feb
Heat				
1	2			
1	1	Erik Erlandsson	SWE	20.99
2	2	Eljas Aalto	FIN	21.21
3	1	Kasper Kadestål	SWE	21.42
4	2	Roope Saarinen	FIN	21.63
5	3	Kenny Emi Tijani-Ajayi	NOR	21.78
6	4	Kasper Andersson	DEN/ISL	21.85
7	3	Jonas Berggård Skåden	NOR	22.15

400 m				12 feb
Heat				
1	2			
1	1	Gustav Lundholm Nielsen	DEN/ISL	46.61
2	1	Benjamin Lobo Vedel	DEN/ISL	46.64
3	2	Andreas Grimerud	NOR	46.69
4	2	Emil Johansson	SWE	47.50
5	3	Håvard Benydal Ingvaldsen	NOR	47.52
6	4	Viljami Kaasalainen	FIN	47.71
7	3	Tuomas Lehtonen	FIN	47.73
8	4	Gustav Gahne	SWE	48.11

800 m				12 feb
1		Ole Jakob Høsteland Solbu	NOR	1:48.12
2		Joonas Rinne	FIN	1:48.32
3		Kjetil Brenno Gagnås	NOR	1:54.70
4		Niko Viljola	FIN	1:55.29
5		Mathias Lundkvist	DEN/ISL	1:56.28
6		Alexander Lundskog	SWE	1:59.45
		Felix Francois	SWE	DNF
		Kristian Uldbjerg Hansen	DEN/ISL	DNF

Extra: Mattias Waernulf, SWE DNF

1500 m				12 feb
1		Narve Gilje Nordås	NOR	3:41.81
2		Emil Danielsson	SWE	3:41.97
3		Santtu Heikkinen	FIN	3:44.21
4		Christoffer Frost Johansen	DEN/ISL	3:44.26
5		Andreas Holst Lindgreen	DEN/ISL	3:44.90
6		Jonatan Gustafsson	SWE	3:46.63
7		Moa Abounnachat Bollerød	NOR	3:48.12
8		Aleksi Kivelä	FIN	3:48.22

Extra: Sondre Rishøy, NOR DNF

3000 m				12 feb
1		Joel Iver Lillesø	DEN/ISL	7:51.41
2		Simon Sundström	SWE	7:51.48
3		Jonathan Grahm	SWE	8:03.53
4		Per Svela	NOR	8:03.69
5		Kristoffer Sagli	NOR	8:03.77
6		Eero Saleva	FIN	8:09.11
7		Andreas Nock Bjørnsen	DEN/ISL	8:37.24

Extra: Alexander Nilsson, SWE DNF, Olle Dahlberg, SWE DNF

60 m hurdles				12 feb
1		Ilari Manninen	FIN	7.79
2		Max Hrelja	SWE	7.81
3		Santeri Kuusiniemi	FIN	7.92
4		Anton Levin	SWE	8.00
5		Sander Aae Skotheim	NOR	8.15
6		Sebastian Sund Frandsen	DEN/ISL	8.26
7		Ísak Óll Traustason	DEN/ISL	8.31
8		Gjert Høie Sjursen	NOR	8.32

High jump				12 feb
1		Sander Aae Skotheim	NOR	2.20
2		Fabian Delryd	SWE	2.15
3		Melwin Lycke Holm	SWE	2.12
4		Mads Moos Larsen	DEN/ISL	2.04
5		Julius Kuusela	FIN	2.04
6		Matias Mustonen	FIN	2.04
7		Elías Óll Hilmarsson	DEN/ISL	2.00
8		Sondre Jahren	NOR	2.00

Series	1.85	1.90	1.85	2.00	2.04	2.08	2.12	2.15	2.18	2.20
1										
2										
3										
4										
5										
6										
7										
8										

Pole vault				12 feb
1		Pål Haugen Lillefosse	NOR	5.80
2		Juho Alasaari	FIN	5.51
3		Urho Kujanpää	FIN	5.26
4		Robin Jacobsson	SWE	5.16
=5		Aske Waldemar Petersen	DEN/ISL	5.01
=5		Philip Andreas Kubon	NOR	5.01
7		Oscar Janson	SWE	4.81
8		Nikolaj Graves	DEN/ISL	

Series	4.61	4.81	5.01	5.16	5.26	5.36	5.46	5.51	5.66	5.80	5.91
1											
2											
3											
4											
5											
6											
7											
8											

Long jump		12 feb
1	Henrik Flåtnes	NOR 7.74
2	Kasper Vehmaa	FIN 7.73
3	Sander Aae Skotheim	NOR 7.65
4	Kasper Larsen	DEN/ISL 7.63
5	Jesper Hellström	SWE 7.48
6	Sebastian Ree Pedersen	DEN/ISL 7.45
7	Julus Toivola	FIN 7.31
8	Melwin Lycke Holm	SWE 7.20

Series	1	2	3	4	5	6
1	7.55	X	X	X	X	7.74
2	7.53	7.73	6.37	X	X	7.62
3	X	7.65	5.88	X	X	7.51
4	7.48	7.63	7.49	-	-	-
5	7.48	X	X	7.43	X	X
6	X	7.14	7.12	7.45	7.26	7.45
7	7.31	X	7.23	X	7.06	X
8	7.16	7.18	X	X	X	7.20

Triple jump		12 feb
1	Aaro Davidila	FIN 15.84
2	Tuomas Kaukolahti	FIN 15.81
3	Lukas Edqvist	SWE 15.18
4	Viljar Gjerde	NOR 15.14
5	Erik Ehrlin	SWE 14.98
6	Dennis Mägi	DEN/ISL 14.85
7	Daniel Inhi Egilsson	DEN/ISL 14.78
8	Sondre Vie Ytreaarne	NOR 14.41

Series	1	2	3	4	5	6
1	X	X	X	15.84	X	15.76
2	X	15.81	X	X	X	X
3	15.18	X	X	14.91	14.81	15.02
4	15.12	15.07	X	X	15-14	X
5	14.88	14.92	X	13.86	14.98	14.97
6	14.71	X	X	14.85	X	14.80
7	X	14.52	14.78	14.62	14.67	X
8	X	14.41	X	14.36	X	13.72

Shot put		12 feb
1	Marcus Thomsen	NOR 20.61
2	Wictor Pettersson	SWE 19.73
3	Arttu Korkeasalo	FIN 18.94
4	Gudni Valur Guðnason	DEN/ISL 18.15
5	Nico Oksanen	FIN 18.14
6	Gabriel Heen	SWE 16.75
7	Sundri Lárusson	DEN/ISL 16.48
8	Henrik Vesterlid	NOR 14.86

Series	1	2	3	4	5	6
1	19.84	20.40	20.61	20.26	X	X
2	19.35	19.15	19.47	19.73	X	X
3	17.71	18.81	X	X	18.94	X
4	X	17.22	17.94	X	18.15	X
5	X	17.89	17.71	17.90	18.14	X
6	16.47	16.31	16.51	16.15	16.75	X
7	15.08	15.90	X	16.48	16.36	16.43
8	12.22	14.18	X	13.90	14.08	14.86

Weight throw		12 feb
1	Thomas Mardal	NOR 22.94
2	Henri Liipola	FIN 22.33
3	Ragnar Carlsson	SWE 21.91
4	Eivind Prestegård Henriksen	NOR 21.71
5	Karl Ludvik	SWE 19.01
6	Roope Auvinen	FIN 18.76
7	Stefan Lehnert	DEN/ISL 18.76
8	Nicco Hattesen	DEN/ISL 18.67

Series	1	2	3	4	5	6
1	22.94	22.22	22.80	22.72	22.88	X
2	20.87	20.69	21.23	X	21.93	22.33
3	21.25	21.87	21.81	21.77	21.77	21.74
4	X	20.72	21.71	X	X	X
5	18.34	X	18.74	19.01	18.29	X
6	X	18.59	X	18.97	18.76	X
7	X	17.83	17.83	X	X	18.76

8 17.50 17.42 18.66 18.67 X 18.27

Points Men	Nation	Total
	NOR	130,5
	FIN	126
	SWE	125
	DEN/ISL	84,5

Women

60 m		12 feb
1	Julia Henriksson	SWE 7.35
2	Helene Rønningen	NOR 7.40
3	Vilde Humstad Aasmo	NOR 7.53
4	Johanna Lylmänen	FIN 7.55
5	Mathilde U. Kramer	DEN/ISL 7.56
6	Filippa Sivnert	SWE 7.57
7	Anna Pursiainen	FIN 7.61
8	Gudbjörg Jóna Bjarnadóttir	DEN/ISL 7.69

200 m		12 feb
Heat		
1	2	
1	1	Julia Henriksson SWE 23.26
2	1	Christina Bjelland Jensen NOR 23.48
3	2	Mette Gravergaard DEN/ISL 23.51
4	2	Aino Pulkkinen FIN 23.55
5	3	Lisa Lilja SWE 23.67
6	3	Gudbjörg Jóna Bjarnadóttir DEN/ISL 24.12
7	4	Anna Pursiainen FIN 24.14
8	4	Maren Bakke Amundsen NOR 24.46

400 m		12 feb
Heat		
1	2	
1	1	Henriette Jæger NOR 52.66
2	1	Andrea Rooth NOR 54.26
3	2	Moa Granat SWE 54.35
4	2	Linnéa Frobe SWE 54.60
5	3	Milja Thureson FIN 54.64
6	3	Ella Räsänen FIN 54.80
7	4	Anna Øbakke Lange DEN/ISL 55.42
8	4	Zarah Buchwald DEN/ISL 58.11

800 m		12 feb
1	Hedda Hynne	NOR 2:03.96
2	Annemarie Nissen	DEN/ISL 2:04.04
3	Wilma Nielsen	SWE 2:04.18
4	Maria Freij	SWE 2:04.68
5	Malin Nyfors	NOR 2:05.98
6	Mathilde Diekema Jensen	DEN/ISL 2:09.25
7	Heini Ikonen	FIN 2:09.34
	Violia Westling	FIN DNF

Extra: Hanna Karlsson, SWE DNF

1500 m		12 feb
1	Nathalie Blomqvist	FIN 4:10.70
2	Olivia Weslien	SWE 4:28.11
3	Malin Edland	NOR 4:28.41
4	Sigrid Alvik	NOR 4:28.87
5	Veera Mensonen	FIN 4:30.28
6	Line K. Schulz	DEN/ISL 4:30.53
7	Saga Provc	SWE 4:32.91
8	Juliane Hvid	DEN/ISL 4:35.40

Extra: Lova Perman, SWE DNF

3000 m			12 feb
1	Amakie M. Sæten	NOR	9:13.92
2	Kristine Eikrem Engeset	NOR	9:14.71
3	Sara Christiansson	SWE	9:14.72
4	Nanna Bové	DEN/ISL	9:15.33
5	Elin Brink	SWE	9:19.29
6	Nelli Nordlund	FIN	9:31.71
7	Juliane Hvid	DEN/ISL	9:35.32
8	Janette Väntinen	FIN	9:44.40

Extra: Emilia Lillemo, SWE DNF

60 m hurdles			12 feb
1	Mette Graversgaard	DEN/ISL	8.04
2	Lotta Harala	FIN	8.09
3	Andrea Rooth	NOR	8.19
4	Hanna Palmqvist	SWE	8.22
5	Mathilde Heltbech	DEN/ISL	8.28
6	Jessica Kähärä	FIN	8.30
7	Julia Wennersten	SWE	8.32
8	Martine Hjørnevik	NOR	8.51

High jump			12 feb
1	Louise Ekman	SWE	1.85
2	Matilda Nilsson	SWE	1.79
3	Elin Pajunen	FIN	1.79
=4	Rikke Andersen	DEN/ISL	1.72
=4	Venla Pulkkanen	FIN	1.72
6	Karla Schärfe	DEN/ISL	1.72
7	Hedvik Kallåk	NOR	1.72
8	Caroline Fleischer	NOR	1.68

Series	1.59	1.64	1.68	1.72	1.76	1.79	1.82	1.85	1.87
1									
2									
3									
=4									
=4									
6									
7									
8									

Pole vault			12 feb
1	Michaela Meijer	SWE	4.37
2	Silja Andersson	FIN	4.27
3	Caroline Bonde Holm	DEN/ISL	4.27
4	Kitty Augusta Friele Faye	NOR	3.90
5	Gabriella Jönsson	SWE	3.90
6	Laura Grønbech	DEN	3.75
	Saga Andersson	FIN	NM
	Lene Onsrud Retzius	NOR	DNS

Series	3.45	3.60	3.75	3.90	4.02	4.14	4.22	4.27	4.32	4.37
1										
2										
3										
4										
5										
6										

Long jump			12 feb
1	Khaddi Sagnia	SWE	6.66
2	Tilde Johansson	SWE	6.40
3	Irma Gunnarsdóttir	DEN/ISL	6.34
4	Jessica Kähärä	FIN	6.25
5	Neea Käyhkö	FIN	6.19
6	Hafdis Sigurðardóttir	DEN/ISL	6.19
7	Thale Leirfall Bremset	NOR	6.07
8	Elisa Hoel Ulseth	NOR	5.98

Series	1	2	3	4	5	6
1	6.50	6.82	6.66	X	X	X
2	5.07	X	X	X	6.35	6.40

3	6.05	6.02	5.78	6.09	6.18	6.34
4	X	6.19	X	6.00	6.25	6.05
5	6.05	6.05	6.18	6.11	6.09	6.19
6	6.09	6.19	5.70	6.00	X	6.05
7	X	6.07	6.01	5.98	X	5.85
8	5.98	5.97	5.91	5.73	X	X

Triple jump			13 feb
1	Maja Åskag	SWE	13.82
2	Rebecka Abrahamsson	SWE	13.40
3	Rachel Ombeni	NOR	13.25
4	Elina Kostiainen	FIN	13.16
5	Janne Nielsen	DEN/ISL	12.81
6	Laura Koivisto	FIN	12.69
7	Kathrine Holst Hahn	DEN/ISL	12.58
8	Mathilde Sofie Klokseth	NOR	12.45

Series	1	2	3	4	5	6
1	13.52	X	13.68	13.72	13.72	13.82
2	12.29	X	X	13.40	X	13.39
3	13.00	12.55	12.84	13.25	X	12.96
4	X	12.88	13.16	X	12.64	12.91
5	12.59	12.80	X	12.81	X	12.72
6	12.27	12.31	12.20	12.32	12.69	12.31
7	X	12.51	12.33	12.58	X	X
8	12.02	11.87	12.43	X	12.32	12.45

Shot put			12 feb
1	Fanny Roos	SWE	18.73
2	Sara Lennman	SWE	18.09
3	Senja Mäkitörmä	FIN	16.54
4	Emilia Kangas	FIN	15.96
5	Maria Sløk	DEN/ISL	14.94
6	Nickoline Skifter Andersen	DEN/ISL	14.67
7	Lotta Flatum	NOR	14.08
8	Mariell Morken	NOR	12.95

Series	1	2	3	4	5	6
1	17.24	18.34	18.22	18.73	X	17.82
2	17.35	17.22	17.67	18.09	17.52	16.97
3	16.05	16.17	X	16.46	16.12	16.54
4	X	15.96	X	X	X	15.70
5	14.73	14.78	14.94	14.90	15.36	X
6	14.67	13.89	14.91	14.39	14.24	13.83
7	X	13.10	13.50	13.58	13.97	14.08
8	12.49	X	X	12.66	12.95	X

Weight throw			12 feb
1	Grete Ahlberg	SWE	22.20
2	Suvi Koskinen	FIN	20.83
3	Katrine Koch Jacobsen	DEN/ISL	20.62
4	Silja Kosonen	FIN	20.56
5	Sara Forssell	SWE	20.42
6	Vigdis Jónsdóttir	DEN/ISL	17.99
7	Mariell Morken	NOR	11.09
8	Lotta Flatum	NOR	10.95

Series	1	2	3	4	5	6
1	X	21.81	21.19	22.20	21.92	21.64
2	20.70	X	X	20.83	X	X
3	20.61	19.49	20.61	19.49	20.03	X
4	19.63	20.52	20.35	20.39	20.37	20.56
5	19.48	X	19.47	19.12	20.42	20.28
6	17.99	17.58	17.97	17.30	17.32	16.99
7	11.09	-	-	-	-	-
8	10.95	-	-	-	-	-

Points Women	Nation	Total
	SWE	163
	NOR	108
	FIN	107,5
	DEN/ISL	98,5

Nordic Senior Championships

Østerbro stadion, København, DEN 27-28 May

Men

100 m Heat 1				27.mai	+0,1
1		Henrik Larsson	SWE	10.30 Q	
2		Tobias Gorgone Larsen	DEN	10.42 Q	
3		Jacob Vaula	NOR	10.50 q	
4		Rasmus Thornbjerg Klausen	DEN	10.56 q	
5		Simon Plesse	SWE	10.62 q	

100 m Heat 2				27.mai	-2,9
1		Kolbeinn Höður Gunnarsson	ISL	10.61 Q	
2		Frederik Schou-Nielsen	DEN	10.72 Q	
3		William Thor	SWE	10.73 q	
4		Riku Illukka	FIN	10.74	
5		Viktor Thor	SWE	10.76	
6		Valentin Jensen	DEN	10.85	

100 m Final				27.mai	+2,4
1		Henrik Larsson	SWE	10.09	
2		Kolbeinn Höður Gunnarsson	ISL	10.29	
3		Jacob Vaula	NOR	10.40	
4		Rasmus Thornbjerg Klausen	DEN	10.45	
5		Frederik Schou-Nielsen	DEN	10.45	
6		Simon Plesse	SWE	10.50	
7		William Thor	SWE	10.52	
		Tobias Gorgone Larsen	DEN	DNS	

200 m Heat				28 may	+0,8/+1,2
A B					
1	1	Henrik Larsson	SWE	20.44	
2	2	Viljami Kaasakainen	FIN	20.90	
3	3	Kolbeinn Höður Gunnarsson	ISL	20.91	
4	4	Oskar Lehtonen	FIN	20.92	
5	5	Kojo Musah	DEN	21.11	
6	1	Jacob Hvorup	DEN	21.31	
7	2	Mikkel Linnemand Johansson	DEN	21.57	
8	3	Andreas Haara Bakketun	NOR	21.70	
9	4	Jonas Berggård Skåden	NOR	21.96	

400 m Heat				27. may	
A B					
1	1	Håvard Bentdal Ingvaldsen	NOR	46.32	
2	2	Gustav Lundholm Nielsen	DEN	46.40	
3	3	Andreas Grimerud	NOR	46.43	
4	4	Benjamin Lobo	DEN	46.76	
5	5	Viljami Kaasalainen	FIN	46.92	
6	6	Kasper Kadestål	SWE	47.20	
7	1	Jónas Gunnleivsson Isaksen	DEN	47.24	
8	2	Samuel Purola	FIN	47.53	
9	3	Andreas Haara Bakketun	NOR	47.64	
10	4	Emil Johansson	SWE	47.58	
11	5	Mattoas Waernulf	SWE	47.92	
12	6	Alexander Nyström	SWE	49.18	

Fredrik Haavardtun Gullachsen, NOR DNS

800 m				28 may	
1		Joonas Rinne	FIN	1:48.23	
2		Kristian Ulbjerg Hansen	DEN	1:48.79	
3		Erik Martinsson	SWE	1:49.08	
4		Alexander Lundskog	SWE	1:49.51	
5		Andreas Holst Lange	DEN	1:51.10	
6		Ole Jakob Høsteland Solbu	NOR	1:53.03	
7		Nuck Rostgaard Jensen	DEN	2:00.60	

Jonatan Kure Friis, DEN (Pace) DNF

1500 m

27. mai			
1	Emil Danielsson	SWE	3:39.01
2	Kristian Ulbjerg Hansen	DEN	3:40.18
3	Ferdinand Kvan Edman	NOR	3:40.77
4	Samuel Pihlström	SWE	3:41.49
5	Santti Heikkinen	FIN	3:41.60
6	Even Brøndbo Dahl	NOR	3:42.25
7	Esten Hansen-Mølleurd Hauen	NOR	3:42.48
8	Andreas Holst Lindgreen	DEN	3:42.83
9 Christoffer Frost.Jensen Johasen, DEN 3:47.40, 10 Jacob Ejby Steengaard, DEN 3:48.88, 11 Suldán Hassan, SWE 3:51-39, Markus Kirk Kjeldssen, DEN 4:01.16, Leo Magnusson, SWE (Pace) DNF			

5000 m

27.mai			
1	Mikael Johnsen	DEN	13:50.80
2	Mohammed Reza Abootarabi	SWE	13:51.26
3	Mikkel Dahl-Jessen	DEN	13:53.19
4	Oliver Löfqvist	SWE	14:03.55
5	Olle Ahlberg	SWE	14:05.34
6	Mathias Flak	NOR	14:08.13
	Kristoffer Sagli	NOR	14:17.67

Jeppe Risvig, DEN DNF, Jonathan Makwarth, DEN (Pace) DNF, Hlynur Andresson, ISL DQ:TR17.4

110 m hurdles

28 may +1,9			
1	Max Hrelja	SWE	13.50
2	Joel Bengtsson	SWE	13.74
3	Ilari Manninen	FIN	13.93
4	Anton Levin	SWE	14.15
5	Andreas Christoffersen	DEN	14.39
6	Sebastian Sund Frandsen	DEN	14.52
7	Christian Gundersen	DEN	14.91
8	Herman Ellingsen	NOR	14.93

400 m hurdles

27. mai			
1	Tuomas Lehtonen	FIN	50.92
2	Karl Wållgren	SWE	51.49
3	Sebastian Højrlis Monneret	DEN	52.36
4	Anton Bertilsson	SWE	52.96
5	Andreas Dixon	NOR	54.23

3000 m steeplechase

28 may			
1	Axel Djurberg	SWE	8:45.93
2	Jakob Dybdal Abrahamsen	DEN	8:48.35
3	Vebjørn Hovdejord	NOR	8:53.66
4	Miguel Palm	SWE	8:54.93
	Olof Silvander	SWE	9:00.59
6	Jesper Andreas Matss Lundin	NOR	9:00.82
7	Esben Krogh Rasmussen	DEN	9:16.55
8	Khavaquiah Rasmusen	DEN	9:30.90

High jump

27. mai			
1	Melwin Lycke-Holm	SWE	2.18
2	Daniel Kosonen	FIN	2.15
3	Mads Mons Larsen	DEN	2.00
4	Daniel Kylmäluoma Pedersen	DEN	2.00

Series	1.90	1.85	2.00	2.03	2.06	2.09	2.12	2.15	2.18	2.21
1			o	o	o	o	o	o	o	xxx
2					o	o	o	o	x-	xx
3	o	xo	o	xxx						
4	o	ox	xxo	xxx						

Pole vault

16 Jul			
1	Juha Alasaari	FIN	5.30
2	William Asker	SWE	5.20
3	Tommi Holttinen	FIN	5.10
4	Andreas Gjesdal	NOR	5.10
5	Robin Erik Jacobsson	SWE	5.00
6	Nikolaj Graves	DEN	4.90

7	Aske Waldemar Petersen	DEN	4.80
8	Viktor Rahm	SWE	4.70

Oscar Janson, SWE NM

Series	4.50	4.70	4.80	4.90	5.00	5.10	5.20	5.30	5.40	4.40	5.55
1											xxx
2			xo	-	xpx	-		xxo	-		
3									xx		
4											
5											
6											
7											
8											
9											

Long jump		28 may
1	Henrik Flåtnes	NOR 7.72
2	Daniel Ingi Egilsson	ISL 7.53
3	Kasper Larsen	DEN 7.46
4	Marius Bull Hjeltnes	NOR 7.41
5	Bertram Bong Costa	DEN 7.39
6	Melwin Lycke-Holm	SWE 7.35
7	Patrick Poulsen Wolf	DEN 7.32
8	Benjamin Gabrielsen	DEN 7.06

9 Jesper Hellström, SWE 6.92, Sebastian Ree Pedersen, DEN DNS

Series	1	2	3	4	5	6
1	X	7.49	7.72	7.62	X	7.54
		0,0	+2,0	+1,9		+1,5
2	7.52	X	7.53	X	X	X
	0,0		0,0			
3	3.72	X	7.04	X	7.46	r
	+0,2		-0,3		+1,0	
4	X	7.14	7.30	7.41	7.35	X
		+1,5	0,0	0,0	-0,3	
5	7.32	7.06	7.16	X	X	7.39
	+1,6	-0,3	+1,0			+1,4
6	7.07	7.11	X	7.12	7.25	7.35
	+0,2	-0,3		+1,5	0,0	+2,0
7	X	7-08	X	7.15	7.25	7.32
		+1,3		0,0	0,0	+1,7
8	X	X	7.06	X	X	X
			-1,4			
9	6.92	X	X			
	-1,4					

Triple jump		27. mai
1	Daniel Ingi Egilsson	ISL 15.98
2	Dennis Bakari Mägi	DEN 15.19
3	Torir Mortensen	DEN 14.81
4	Lukas Edqvist	SWE 14.45
5	Sondre Vie Ytrearne	NOR 14.42
	Jesper Hellström	SWE NM

Series	1	2	3	4	5	6
1	X	15.18	X	X	15.98	15.53
		0,0			+1,2	+1,9
2	15.19	15.01	15.07	-	X	-
	+2,4	+0,4	+0,5			
3	X	X	14.81	-	X	X
			0,0			
4	13.31	X	X	14.45	X	X
	+0,4			+0,1		
5	13.38	V	V	V	14.42	X
	+3,1				+2,9	
	X	X	X	X	X	X

Shot put		27. mai
1	Wictor Petersson	SWE 19.74
2	Jesper Ahlin	SWE 17.91
3	Kenneth Mertz	DEN 16.76
4	Leo Zikovic	SWE 16.72
5	Gabriel Heen	SWE 16.38
6	Mads Krogsgaard Nielsen	DEN 16.32
7	Christopher Holmbjerg Jensen	DEN 15.02

Series	1	2	3	4	5	6
1	19.53	X	X	19.64	X	19.74
2	X	17.91	X	X	17.55	X
3	15.84	16.54	16.76	16.42	16.36	X
4	16.54	16.72	X	16.05	16.36	X

5	16.06	X	X	X	X	16.38
6	16.15	16.32	X	X	X	X
7	X	15.02	14.79	15.02	X	X

Discus throw		28 may
1	Guðni Valur Gudnason	ISL 63.41
2	Sven Martin Skagestad	NOR 61.11
3	Mimir Sugurdsson	ISL 54.81
4	Emil Mikkelsen	DEN 54.61
5	Andreas Riber Thordahl	DEN 52.68
6	Oskar Antonsson	SWE 51.98
7	Jussi Kiviniemi	FIN 51.12

Series	1	2	3	4	5	6
1	63.41	62.74	X	61.26	62.13	62.97
2	X	59.75	60.80	61.11	X	59.26
3	53.51	53.35	53.37	54.81	52.44	53.37
4	54.44	51.75	51.43	X	X	54.61
5	52.34	X	50.65	52.56	52.68	51.28
6	X	50.62	51.98	49.94	50.06	X
7	49.65	X	X	51.12	X	X

Hammer throw		27 may
1	Aaron Kangas	FIN 73.37
2	Hilmar Örn Jónsson	ISL 73.28
3	Tuomas Seppänen	FIN 73.16
4	Henri Liipola	FIN 72.10
5	Ragnar Carlsson	SWE 70.69
6	Stefan Lehnert	DEN 63.81
7	Nicco Vestbo Hattesen	DEN 62.53
8	Karl Ludvik	SWE 61.94

9 Alfons Haals, SWE 61.04

Series	1	2	3	4	5	6
1	X	69.99	72.49	71.80	71.44	73.37
2	66.90	71.21	73.28	X	X	X
3	71.01	71.10	71.11	67.22	69.49	73.16
4	71.09	72.10	71.52	69.45	71.23	71.12
5	69.76	X	70.69	58.46	X	X
6	61.96	X	63.52	X	61.85	53.81
7	61.74	61.81	X	60.59	X	62.53
8	61.84	X	X	59.66	61.24	58.91
9	60.71	61.04	X			

Javelin throw		28 may
1	Sindri Hrafn Gudmundsson	ISL 76.40
2	Dagbjartur Dadi Jónsson	ISL 75.38
3	Jakob Samuelsson	SWE 75.08
4	Teemu Narvi	FIN 73.16
5	Myron Weinberg	NOR 72.92
6	Jakob Slipsager	DEN 67.66
7	Sebastian Risgaard Suurballe	DEN 64.54
8	Jacob Binou Nielsen	DEN 62.42

Series	1	2	3	4	5	6
1	74.23	76.40	-	72.34	r	
2	71.45	75.38	76.38	73.73	72.03	75.13
3	71.45	71.59	72.59	75.08	X	X
4	71.82	71.39	71.35	70.20	70.85	73.16
5	67.27	68.40	69.27	68.37	71.44	72.92
6	67.66	59.74	X	r		
7	63.93	X	X	64.54	X	X
8	X	62.42	X	X	X	X

4x100 m relay		28. may
1	SWE	40.02
2	DEN	40.31

(Thomas Jones, Milo Wahlgren, Alexander Pilgrim, Emil Johansson)
(Valentin Jensen, Mikkel Linnemand Johansson, Jacob Hvorup, Frederik Schou-Nielsen)

4x400 m relay		28 may
1	SWE	3:09.99
2	NOR	3:11.20

(Gustav Gahne, Mattias Waernulf, Alexander Nyström, Emil Johansson)
(Håvard Bentdal Ingvaldsen, Andreas Grimerud, Andreas Haara Bakketun, Andreas Dixon=)

3 DEN (Sofud Olivarius Vølund, Jónas Gunnleivsson Isaksen. Joel Frederik von D'Ahe, Carl Bäckström Nielsen)

3:13.78

Women

100 m Heat 1				27.mai	+0,8
1	Lotta Kemppinen	FIN	11.57 Q		
2	Helene Rønningen	NOR	11.68 Q		
3	Gudbjörg Jóna Bjarnadóttir	ISL	11.84 q		
4	Emma Beiter Bomme	DEN	11.98		
5	Marie Høgh Larsen	DEN	12.01		
6	Vilde Humstad Aasmo	NOR	12.01		
7	Johanna Kylmänen	FIN	12.06		

100 m Heat 2				27.mai	-1,2
1	Julia Henriksson	SWE	11.84 Q		
2	Anna Pursiainen	FIN	11.88 Q		
3	Nora Lindahl	SWE	11.90 q		
4	Filippa Sivnert	SWE	11.92 q		
5	Marte Pettersen	NOR	11.98 q		
6	Maren Bakke Amundsen	NOR	12.07		
7	Astrid Glenner-Frandsen	DEN	12.09		

100 m Final				27.mai	+0,8
1	Lotta Kempinen	FIN	11.47		
2	Julia Henriksson	SWE	11.56		
3	Helene Rønningen	NOR	11.56		
4	Gudbjörg Jóna Bjarnadóttir	ISL	11.73		
5	Anna Pursiainen	FIN	11.76		
6	Nora Lindahl	SWE	11.84		
7	Marte Pettersen	NOR	11.90		
8	Filippa Sivnert	SWE	11.93		

200 m Heat				17 Jul	+2,0/+0,7
A	B				
1	1	Julia Henriksson	SWE	23.32	
2	2	Christine Bjelland Jensen	NOR	23.47	
3	3	Lisa Lilja	SWE	23.79	
4	1	Maren Bakke Amundsen	NOR	23.92	
5	4	Aino Pulkkinen	FIN	23.97	
6	5	Gudbjörg Jóna Bjarnadóttir	ISL	23.98	
7	2	Mette Baas	FIN	24.05	
8	3	Milja Thuresson	FIN	24.33	
9	4	Anna Pursiainen	FIN	24.35	
10	5	Line Holm Jensen	DEN	24.49	
11	6	Annimari Korte	FIN	24.51	
	X	Marte Pettersen	NOR	DNS	
	X	Johanna Kylmänen	FIN	DNS	
	X	Helene Rønningen	NOR	DNS	

400 m				27. may	
1	Astri Ayo Lajeri Ertzgaard	NOR	53.09		
2	Mette Baas	FIN	53.13		
3	Aina Pulkkinen	FIN	53.99		
4	Kaitesi Ertzgaard	NOR	54.60		
5	Anne Sofie Kirkegaard	DEN	55.00		
6	Milja Thuresson	FIN	55.04		
7	Anna Øbakke Lange	DEN	55.72		
8	Linnea Frobe	SWE	55.73		

800 m				28 may	
1	Annemarie Nissen	DEN	2:04.72		
2	Julia Nielsen	SWE	2:05.46		
3	Maria Freij	SWE	2:05.95		
4	Amanda Marie Grefstad Frøynes	NOR	2:07.06		
5	Mathilde Diekema	DEN	2:08.80		
6	Solveig Hernandez Vråle	NOR	2:10.30		
7	Louise Jørgensen	DEN	2:10.51		
8	Malin Nyfors	NOR	2:10.68		

Nora Grønnegaard Fischer, DEN (Pace) DNF

1500 m				27.mai	
1	Sofia Thøgersen	DEN	4:16.02		
2	Olivia Weslien	SWE	4:18.38		
3	Malin Edland	NOR	4:18.56		
4	Grethe Tyldum	NOR	4:19.29		
5	Ilona Mohonen	FIN	4:19.30		
6	Julia Nielsen	DEN	4:21.02		
7	Sara Busic	NOR	4:21.95		
8	Saga Provc	SWE	4:25.16		

Majken Lützen, DEN DNF

5000 m				27.mai	
1	Nanna Bové	DEN	15:53.20		
2	Kristine Lunde Dommersnes	NOR	15:53.45		
3	Nina Chydenius	FIN	15:58.01		
4	Ilona Mononen	FIN	16:03.00		
5	Ine Bakken	NOR	16:04.79		
6	Hanne Maridal	NOR	16:13.91		
7	Sigrd Jervell Våg	NOR	16:33.60		
8	Elin Brink	SWE	16:44.46		

9 Mie Gam Nielsen, DEN 16:28.25, 10 Line K. Schulz, DEN 17:01.12, 11 Sara Schou Kristensen, DEN 17:02.00, 12 Josephine Thestrup, DEN 17:09.18, 13 Marie-Louise Jørgensen, DEN 17:19.43, Sara Christiansson, SWE DNF, Sylvia Kiberenge, Ken (Pave) DNF

100 m hurdles Heat 1				28 may	+1,6
1	Annemari Korte	FIN	13.06 Q		
2	Mathilde Hiltbech	DEN	13.31 Q		
3	Saara Kesitalo	FIN	13.34 q		
4	Elin Lindeblad	SWE	13.67 q		
5	Ingrid Pernille Rismark	NOR	13.70 q		
6	Martine Hjørnevik	NOR	13.72		
7	Johanna Carlsson	SWE	14.14		
8	Ida Boel	DEN	14.30		

100 m hurdles Heat 2				28 may	-0,4
1	Mette Graversgaard	DEN	13.25 Q		
2	Wilma Itälinna	FIN	13.53 Q		
3	Andrea Rooth	NOR	13.66 q		
4	Annika Baun Haldbo	DEN	13.89		
5	Ida Boe Rasmussen	DEN	13.97		
6	Ida Beuter Bomme	DEN	14.00		
7	Josefine Biernacki	NOR	14.55		
	Hanna Palmqvist	SWE	DNS		

100 m hurdles Final				28 may	+0,7
1	Annimari Korte	FIN	13.04		
2	Matte Graversgaard	DEN	13.21		
3	Mathilde Heltbech	DEN	13.39		
4	Saara Kesitalo	FIN	13.49		
5	Vilma Itälinna	FIN	13.58		
6	Andrea Rooth	NOR	13.60		
7	Ingrid Pernille Rismark	NOR	13.64		
8	Elin Lindeblad	SWE	13.69		

400 m hurdles					27. mai
Heat					
A	B				
1	1	Nora Kollerød Wold	NOR	57.74	
2	1	Andrea Rooth	NOR	58.05	
3	2	Martha D. Rasmussen	DEN	58.11	
4	2	Kristiina Halonen	FIN	58.30	
5	3	Marlen E. Aakre Johansson	NOR	59.55	
6	3	Elisabeth Slettum	NOR	59.96	
7	4	Laura Lopenen	FIN	60.16	
8	4	Hanna Karlsson	SWE	60.54	
9	X	Moa Granat	SWE	DNS	

3000 m steeplechase					28 may
1	Juliana Falsig Hvid	DEN	9:47.41		
2	Linn Söderholm	SWE	9:57.94		
3	Sofia Thøgersen	DEN	10:02.69		
4	Amalie Svensson	SWE	10:37.94		
5	Laura Astrup	DEN	10:49.46		

Julia Samuelsson, SWE DNF, Sara Aarsvoll Svarstad, NOR DQ

High jump					28 may
1	Ellen Ekholm	SWE	1.85		
=2	Bianca Salming	SWE	1.82		
=2	Louise Ekman	SWE	1.82		
4	Matilda Nilsson	SWE	1.82		
5	Rikke Andersen	DEN	1.70		

Series	1.55	1.60	1.65	1.70	1.73	1.76	1.79	1.82	1.85	1.99
1				o	o	o	o	o	o	xxx
=2				o	-	xo	o	xo	xxx	
=2				o	o	o	xo	xo	xxx	
4				o	o	o	o	xxo	xxx	
5		o	o	xo	xxx					

Pole vault					27.mai
1	Caroline Bonde Holm	DEN	4.50		
2	Saga Andersson	FIN	4.50		
3	Kitty Augusta Friele Faye	NOR	4.30		
4	Sara Winberg	SWE	3.90		
5	Annabella Viple	DEN	3.70		
6	Lara Louise Grønbech	DEN	3.70		
7	Klara T. Bjerregaard	DEN	3.50		

Gabriella Jönsson, SWE NM

Series	3.30	3.50	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60
1						o	-	o	o	xx-	o	xxx
2						o	-	o	o	xo	xxo	xxx
3					o	-	xxo	o	xo	xxx		
4		o	xo	o	xo	xxx						
5	o	o	o	xxx								
6	o	o	xxo	xxx								
7	o	xo	xxx	xxx								

Long jump					27. mai
1	Kaiza Karlén	SWE	6.39		
2	Jenny Lestander	SWE	6.29		
3	Karolina Svensson	SWE	6.29		
4	Hafdis Sigurdardóttir	ISL	6.22		
5	Betty Marie Ramsgaard Jensen	DEN	6.12		
6	Ida Beiter Bomme	DEN	6.04		
7	Thale Leirfall Bremset	NOR	6.04		
8	Ida Boe Rasmussen	DEN	6.02		

9 Anette Juma Nielsen, DEN 5.94, 10 Mia Guldteig Lien, NOR 5.60, Live Haugstad Hilton, NOR NM

Series	1	2	3	4	5	6
1	6.39	6.28	6.18	X	X	6.07
	+1,1	+0,4	+1,0			0,0
2	6.11	6.28	X	X	X	6.29
	0,0	+1,1				+0,2
3	X	X	6.29	5.53	5.62	X
			+2,5	+1,3	+0,5	
4	6.03	6.22	X	X	X	X

	+0,5	+1,0				
5	5.72	X	6-05	X	5.78	6.12
	+1,3		+2,7		+1,3	+1,0
6	5.95	C	6.00	X	6.04	5.93
	+2,0		+2,0		+1,7	+1,7
7	5.76	X	6.04	5.85	X	X
	+0,3		+0,8	0,0		
8	6.00	X	5.95	X	5.02	X
	+1,5		+2,1		+0,4	
9	X	5.93	X			
		0,0				
10	X	X	5.60			
			+1,6			
	X	X	X			

Triple jump					28 may
1	Maja Åskag	SWE	14.00		
2	Rebecka Abrahamsson	SWE	13.59		
3	Rachel Ombeni	NOR	13.43		
4	Irma Gunnarsdóttir	ISL	13.40		
5	Isabell Paprotny	DEN	12.96		
6	Kajsa Lindqvist	SWE	12.79		
7	Janne Nielsen	DEN	12.78		
8	Jenny Lestander	SWE	12.26		
9	Kathrine Holst Hahn, DEN	12.02			

Series	1	2	3	4	5	6
1	13.47	X	14.00	X	X	13.83
	-0,1		+1,7			+2,8
2	12.74	13.38	X	X	13.59	13.08
	0,0	0,0			+2,2	-0,7
3	12.98	13.20	13.43	12.87	X	12.86
	+1,9	+2,2	+1,7	0,0		+0,1
4	12.03	13.30	13.19	13.32	13.40	12.05
	-1,8	+1,6	+1,4	+1,3	+0,2	-0,3
5	12.74	X	12.87	X	12.96	X
	0,0		\1,0		0,0	
6	12.64	X	X	12.24	X	12.79
	+1,3			+0,7		+2,8
7	12.71	12.78	X	X	12.63	X
	-0,9	+1,3			-0,1	
8	X	X	12.26	X	12.17	X
			0,0		0,0	
9	X	12.02	12.01			
		0,0	0,0			

Shot put					28 may
1	Eveliina Rouvali	FIN	17.53		
2	Sara Lennman	SWE	17.41		
3	Senja Mäkitörmä	FIN	16.73		
4	Emilia Malmehed	SWE	15.10		
5	Maria Sløk Hansen	DEN	14.58		
6	Victoria Wickman	SWE	14.27		
7	Nickoline Skifter Andersen	DEN	13.83		

Series	1	2	3	4	5	6
1	16.50	17.53	X	X	X	X
2	X	X	16.22	17.18	X	17.41
3	15.69	16.58	16.54	16.47	16.33	16.73
4	14.51	14.50	15.10	14.39	14.37	X
5	14.29	14.39	14.46	14.31	14.52	14.58
6	13.55	13.90	14.27	14.04	X	13.94
7	13.53	13.83	12.98	13.44	13.83	X

Discus throw					27. mai
1	Vanessa Kamga	SWE	57.39		
2	Lotta Flatum Fallingen	NOR	55.82		
3	Annesofie Hartmann Nielsen	DEN	55.01		
4	Mathilda Eriksson	SWE	54.56		
5	Lisa Brix Pedersen	DEN	54.54		
6	Helena Leveelahti	FIN	54.15		
7	Emma Ljungberg	SWE	53.49		
8	Daniella Persson	SWE	50.35		

9 Anne Juul Jensen, DEN 43.55

Series	1	2	3	4	5	6
1	53.76	52.70	X	X	52.05	57.39
2	55.10	X	55.67	X	55.82	X
3	53.03	53.64	53.76	54.12	54.14	55.01
4	49.49	52.29	X	53.02	54.44	54.56
5	X	54.54	X	52.89	53.87	X

6	53.34	51.51	X	51.35	52.66	54.15
7	52.42	X	51.71	X	52.84	53.49
8	X	59.35	X	X	X	X
9	X	43.66	X			

Hammer throw

28 may

1	Kristia Tervo	FIN	71.96
2	Latrine Koch Jacobsen	DEN	70.54
3	Suvi Koskinen	FIN	68.85
4	Grete Ahlberg	SWE	67.60
5	Rebecka Hallerth	SWE	65.51
6	Sara Forssell	SWE	64.99
7	Liv Winther	DEN	63.78
8	Vigdís Jónsdóttir	ISL	61.26

Series	1	2	3	4	5	6
1	67.04	X	81.86	X	X	X
2	69.66	69.64	70.27	69.07	67.45	70.54
3	68.48	68.85	67.96	63.88	X	X
4	64.33	67.60	X	66.24	66.04	66.72
5	63.94	65.51	X	64.28	53.95	61.74
6	64.99	63.98	64.59	63.78	63.94	X
7	63.78	X	61.21	62.67	X	X
8	X	X	61.26	X	X	X

Javelin throw

27. mai

1	Anni-Linnea Alanen	FIN	54.42
2	Amanda Olsson	SWE	49.82
3	Beatrice Lantz	SWE	47.91
4	Matilda Elfgaard	SWE	46.64
5	Emelie Olsson	SWE	46.11
6	Camilla Urup Colstrup	DEN	44.98

Series	1	2	3	4	5	6
1	X	52.91	X	X	54.05	54.42
2	45.90	45.75	46.25	45.06	48.82	47.27
3	45.61	45.49	47.24	47.91	45.33	43.37
4	46.64	X	45.63	42.81	44.80	X
5	45.18	46.11	45.88	44.57	41.29	42.25
6	39.94	44.98	X	38.02	41.80	38.26

4x100 m relay

28. may

1	NOR	44.57	(Vilde Hunstad Aasmo, Christine Bjelland Jensen, Marte Pettersen, Helene Rønningen)
2	SWE	45.83	(Filippa Sivnert, Julia Henriksson, Nora Lindahl, Wilma Svenson)
	DEN	DNS	(Astrid Glenner-Frandsen, Mette Graversgaard, Emma Beiter Bomme, Line Holm Jensen)

4x400 m relay

28 may

1	FIN	3:32.84	(Milja Thureson, Aino Pulkkinen, Kristiina Halonen, Mette Baas)
2	NOR	3:32.88	(Andrea Rooth, Elisabeth Slettum, Kaiteisi Ertzgaard, Astri Ayo Lakeri Ertzgaard)
3	DEN	3:37.14	(Anna Øbakke Lange, Anne Sofie Kirkegaard, Martha Danneskjold Rasmussen, Zarah Ivert Buchwald)

Nordic Junior Championships Combined Events

Ryavallen, Borås, SWE 10-11 Jun
Men

U23 Decathlon

1	Elliot Duvert	SWE	7.606p
2	Carl af Forselles	SWE	7.435p
3	Aleksi Savolainen	FIN	7.265p
4	Gjert Høie Sjørusen	NOR	7.251p
5	Andreas Gustafsson	SWE	7.005p
6	Juuso Hassi	FIN	7.003p
7	Malte Fuchs Edberg	SWE	6.607p

Isak Óli Traustason, ISL DNF, Christian Gundersen, DEN DNF, Nikolaj Grønbech, DEN DNF, Noah Birk Meissner, DEN, DNF

Extra: Harry Lord, GBR 7.017p, Owen Beuckens, NED, DNF

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

1	11.40	6.91	13.38	2.07	50.36	14.80	40.27	4.83	50.32	4:38.79
	-1,8	+2,0			-2,7					
2	10.97	7.43	11.04	1.95	49.62	14.80	34.57	4.73	50.80	4:53.17
	-0,5	+1,7			-2,7					
3	11.38	6.91	13.75	1.92	51.04	15.64	34.05	4.93	53.31	4:46.76
	-0,5	+2,6			-2,7					
4	10.96	7.33	12.61	1.83	49.61	15.16	40.17	4.03	52.14	4:50.53
	-0,5	+2,5			-2,7					
5	11.63	6.76	12.06	1.89	52.35	15.51	36.49	4.43	54.71	4:34.18
	-1,6	+0,9			-2,7					
6	11.51	6.75	13.68	1.83	51.46	15.53	37.11	4.43	54.79	4:54.11
	-0,5	+1,0			-2,7					
7	11.87	6.65	11.37	1.95	52.06	15.52	35.44	4.23	44.54	4:53.32
	-1,6	+3,2			-2,7					
	11.34	6.64	12.54							
	-0,5	+1,0								
	11.17									
	-0,5									
	11.90									
	-1,6									
	11.61	6.48	9.68	NM	DNS					
	-1,6	+0,7								
Extra	11.67	6.72	12.65	1.86	50.18	16.62	37.84	4.13	55.27	4:19.64
	-1,6	+3,2			-2,7					
	DNF									

U20 Decathlon

1	Leo Göransson	SWE	7.433p
2	Sondre Jahren	NOR	7.093p
3	Simen Johan Teigstad	NOR	6.599p
4	Håvard Haugen	NOR	6.407p
5	Porleifur Einar Leifsson	ISL	6.491p
6	Ludvig Jaasund	SWE	6.338p
7	Gaute Aasmo	NOR	6.360p
8	Nikolai Stavik Moshagen	NOR	5.548p

Joel Enander, SWE DNF, Jonathan Hertwig Ødegaard, NOR DNF, Joonas Kapikero, FIN DNF

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

1	11.27	6.89	14.81	1.80	49.55	14.95	40.76	4.13	58.62	4:37.44
	-1,8	+3,8			+2,0					
2	11.50	6.79	15.19	1.95	53.83	15.62	49.50	4.13	47.27	5:04.88
	nwi	+2,3			+2,0					
3	11.92	6.21	11.67	1.77	52.78	14.92	36.15	4.23	49.35	4:34.68
	-2,5	+2,3			+2,0					
4	11.86	5.94	12.53	1.77	50.30	15.49	38.03	3.73	43.10	4:28.30
	-2,5	-0,1			+2,0					
5	11.68	6.52	13.72	1.86	54.24	15.25	37.79	4.13	41.75	5:12.03
	-2,5	+2,4			+2,0					
6	12.20	6.18	10.74	1.89	51.52	15.43	32.19	4.23	39.80	4:38.17
	-2,5	+3,6			+2,0					
7	11.59	6.27	10.40	1.80	51.53	15.76	31.33	4.03	38.78	4:38.71
	-1,8	+1,3			+2,0					
8	11.89	6.22	11.45	1.80	53.33	19.59	37.02	3.33	39.85	5:09.45
	-2,5	+2,0			+2,0					
	11.36	6.34	12.10							
	nwi	+4,0								
	11.59	6.29	14.73	1.59	DNS					
	-1,8	+2,2								
	11.52	6.18	DNS							
	-1,8	+1,3								

U18 Decathlon

1	Akilles Teglbjaerg	SWE	7.351p
2	Elias Kapell	SWE	7.053p
3	Joel Frederik von D'Ahe	DEN	7.006p
4	Olavi Halonen	FIN	6.742p
5	Aleksi Hilska	FIN	6.670p
6	Manu Kankaanniemi	FIN	6.216p
7	Martin Beitnes Kreken	NOR	6.004p
8	Vornelius Birk Meissner	DEN	5.999p

9 Nicklas Gravgard Nielsen, DEN 5.881p, 10 Melvin Tollefsen, NOR 5.662p, 11

Rasmus Arnell, SWE 5.661p, Aron Gullberg, SWE DNF
(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 400m, 100m, Long jump, Shot put 5kg, High jump, 1500m)

1	11.36	6.69	13.97	1.77	50.17	14.49	44.24	3.93	58.65	4:34.90
	nwi	+2,9			+0,9					
2	11.43	6.90	14.45	1.77	50.20	14.55	36.66	4.13	50.39	4:54.34
	nwi	+1,9			+0,9					
3	11.29	6.72	13.91	1.68	49.36	14.54	37.77	3.63	48.19	4:27.36
	nwi	+2,9			+0,9					
4	11.96	6.32	13.80	1.74	52.89	15.47	43.71	4.33	51.12	4:53.64
	-2,4	+3,3			+0,9					
5	11.79	6.66	13.92	1.89	56.52	15.86	37.38	4.03	60.32	5:02.36
	-2,4	+1,6			-2,2					
6	11.77	6.32	15.00	1.71	55.21	15.89	52.72	NM	62.79	5:14.80
	-2,4	+1,9			-2,2					
7	12.08	6.24	12.56	1.65	53.48	16.14	35.18	3.73	45.15	4:56.32
	-2,4	+3,8			-2,2					
8	11.49	6.17	12.91	1.71	52.31	17.18	37.84	3.53	45.47	5:18.85
	nwi	+3,0			-2,2					
9	11.73	6.62	12.03	1.83	53.16	18.25	31.79	3.43	40.77	4:53.88
	nwi	+2,8			-2,2					
10	12.25	5.91	11.40	1.80	55.64	16.66	31.14	3.73	43.81	5:04.58
	-2,4	+1,2			+0,9					
11	11.96	NM	12.74	1.74	51.98	15.14	35.37	3.43	47.25	4:47.87
	-2,4				-0,9					
	12.02	6.03	11.71	1.59	53.50	15.70	36.99	3.83		
	nwi	+1,6			-2,2					

Women

U23 Heptathlon

1	Karla Schärfe	DEN	5.547p
2	Neea Käyhkö	FIN	5.539p
3	Sophie Reid	SWE	5.250p
4	Justina Esangbedo	SWE	5.021p
5	Tiffanie Magnusson	SWE	4.830p
6	Alma Uhlin	SWE	4.337p

Ebba Hedberg, SWE DNF, Miranda Lauvstad, NOR DNF

Extra: Nicole Ostertag, CAN 6.005p, Madisson Lawrence, CAN 5.441p, Erika Wärrf, SWE 5.399p, Christina Ryan, NZL 5.375p, Nickoline Skifter Andersen, DEN 5.311p, Briana Stephenson, NZL 5.087p, Malene Kollberg, NOR 4.999p, Jessica Rautelin, FIN 4.776p, Nikoline Petersen, DEN DNF, Paula Grauvogel, GER DNF
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

1	14.37	1.76	12.59	25.10	6.12	40.56	2:16.34
	.3,7		0,0	-0,2			
2	14.70	1.79	11.26	26.03	6.03	38.76	2:24.35
	-1,4		0,0	+2,1			
3	14.59	1.61	13.03	25.93	5.28	42.16	2:27.26
	-3,7		0,0	+1,2			
4	14.90	1.58	13.59	26.27	5.65	38.55	2:43.83
	-1,4		0,0	+2,1			
5	14.76	1.58	10.69	25.80	5.40	29.21	2:27.78
	-3,7		-2,0	+0,7			
6	14.66	1.58	11.88	25.11	NM	29.90	2:26.81
	-1,4		-3,0				
	15.38	1.67	11.36	26.29	5.31		
	-1,4		0,0	+1,2			
	15.01	1.58	11.02	25.41	NM	22.29	DNS
	-1,4		-3,0				
Extra:	13.43	1.76	12.59	25.10	6.12	40.56	2:16.34
	-1,4		-3,0	+0,7			
	14.59	1.76	11.84	25.57	5.68	30.42	2:15.08
	-3,7		-3,0	+0,4			
	14.62	1.73	12.71	26.75	5.41	48.58	2:32.04
	-1,4		-2,0	+2,2			
	15.18	1.73	12.16	25.74	5.86	34.39	2:21.23
	-3,7		-3,0	0,0			
	15.47	1.58	13.88	25.36	5.50	40.17	2:21.20
	-1,4		-2,0	-1,2			
	14.74	1.73	10.41	25.67	5.26	32.22	2:22.63
	-1,4		-3,0	-0,6			
	14.67	1.61	10.78	26.43	5.65	34.82	2:28.38
	-1,4		-2,0	+0,7			
	14.44	1.64	12.65	25.85	NM	38.93	2:13.43
	-1,4		-2,0				
	14.69	1.61	10.99	25.81	5.46	35.90	DNS
	-3,7		0,0				

14.06 1.64 10.94 25.59 3.42 40.36 DNS
-1,4 -2,0 +0,1

U20 Heptathlon

1	Betty Marie Ramsgaard Jensen	DEN	5.441p
2	Linnéa Svanhall	SWE	5.144p
3	Jamila Isman	NOR	5.120p
4	Vilma Väliharhu	FIN	5.019p
5	Lisa Mårtensson	SWE	4.894p
6	Doris Theander	SWE	4.856p
7	Elise Eikeland	NOR	4.454p
8	Elsie Seger	NOR	4.351p

9 Anna Solheim, NOR 4.247p, 10 Sydney Karström, SWE 4.091p, Sara-Sofia Hyvönen, FIN DNF
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.61	1.55	11.73	25.59	6.20	37.64	2:17.39
	-2,8		-2,4	+2,7			
2	14.52	1.67	11.44	25.38	5.44	37.59	2:34.32
	-2,8		-2,4	+2,3			
3	14.44	1.67	10.00	25.37	5.37	30.49	2:17.78
	-2,8		-2,4	+3,4			
4	14.84	1.61	10.98	27.02	5.74	29.36	2:16.65
	-2,8		-2,4	+2,3			
5	14.82	1.76	9.43	26.49	5.29	23.90	2:17.96
	+1,2		-2,2	+1,8			
6	15.45	1.61	12.25	27.07	5.37	39.62	2:36.08
	+1,2		-2,2	+1,3			
7	15.82	1.49	8.89	25.81	5.47	25.74	2:25.54
	+1,2		-2,4	+3,8			
8	16.51	1.55	11.84	27.08	4.82	28.42	2:28.97
	+1,2		-2,2	+0,5			
9	14.65	1.52	9.17	26.59	4.63	26.84	2:36.29
	+1,2		-2,2	+3,3			
10	14.74	1.67	11.76	26.53	NM	27.30	2:39.83
	-2,8		-2,4				
	15.69	1.58	10.73	26.76	5.14		
	-2,8		-2,2	0,0			

U18 Heptathlon

1	Ísold Sævarsdóttir	ISL	5.277p
2	Alva Back	SWE	5.012p
3	Wilda Runeborg	SWE	4.838p
4	Aurora Suarez Alvarez Thostrup	DEN	4.781p
5	Susanne Tveit Amundsen	NOR	4.731p
6	Kajsa Cabanas Andersson	SWE	4.699p
7	Hekla Magnúsdóttir	ISL	4.648p
8	Isa Lindberg	SWE	4.203p

9 Aliya Dahl, DEN 3.823p, Frida Rimstad, NOR DNF, Sunniva Indahl, NOR DNF
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	14.82	1.67	11.40	25.62	5.59	34.40	2:17.71
	-3,8		-1,0	+3,7			
2	15.11	1.55	12.84	26.84	5.03	41.00	2:20.82
	-3,8		-1,5	+2,0			
3	16.18	1.58	11.42	26.38	5.29	42.89	2:30.74
	-2,8		-1,0	+0,9			
4	15.40	1.52	11.97	25.94	5.56	31.72	2:32.67
	-3,8		-1,0	+1,9			
5	15.43	1.46	12.52	26.55	5.29	30.51	2:22.06
	-3,8		-1,0	+1,0			
6	15.61	1.55	14.37	26.70	5.13	30.79	2:36.35
	-3,8		-1,0	-0,2			
7	15.19	1.55	13.89	26.89	5.06	31.80	2:41.33
	-2,8		-1,5	-0,2			
8	17.25	1.64	12.00	28.42	4.87	37.47	2:51.38
	-2,8		-1,5	-0,3			
9	19.82	NM	10.86	27.18	5.04	28.95	2:23.48
	-2,8		-1,5	+2,8			
	15.44	1.55	10.65	27.64			
	-2,8		-1,5				
	14.67	NM					
	-3,8						

Nordic U20 Match & Championships

Bislett Stadion, Oslo, NOR 22-23 Jul

Men

100 m		22 jul	-0.8
1	Isak Hughes	SWE	10.52
2	Valentin Jensen	DEN/ISL	10.67
3	Kalle Hirvi	FIN	10.75
4	Hector Wandt	DEN/ISL	10.79
5	Topi Huttunen	FIN	10.89
6	Alex Apelgrim	SWE	10.95
7	Sebastian Berntsen	NOR	10.97
8	Alexander Skrede	NOR	11.06

200 m		23 jul	+1,6
1	Bastian Elnan Aurstad	NOR	21.33
2	Alexander Oliver	SWE	21.46
3	Valentin Jensen	DEN/ISL	21.48
4	Jeroen Persson	SWE	21.63
5	Aku Kulju	FIN	21.81
6	Rado Lindberg	FIN	22.11
7	Arnar Logi Brynjarsson	DEN/ISL	22.34
	Emil Gundersen	NOR	DNS

400 m		22 jul	
1	Bastian Elnan Aurstad	NOR	46.94
2	Jeere Haapalainen	FIN	47.51
3	Jeroen Persson	SWE	48.04
4	Lucas Törnström	SWE	48.07
5	Simon Vorselman	FIN	48.23
6	Luis Maillet Tapias	DEN/ISL	48.70
7	Sindre Strønstad-Løseth	NOR	48.89
8	Christoffer Banke Jørgensen	DEN/ISL	50.26

800 m		23 jul	
1	Erik Skoglund	SWE	1:56.06
2	Philip Morken	NOR	1:56.36
3	Oliver Asikainen	FIN	1:56.36
4	Valter Kjellberg	SWE	1:56.44
5	Laust Kaastrup Kjær	DEN/ISL	1:56.68
6	Sondre Strande Omland	NOR	1:56.99
7	Konsta Uuttera	FIN	1:58.04
8	Milan Axelgaard	DEN/ISL	1:59.58

1500 m		22 jul	
1	Sondre Strande Omland	NOR	3:54.41
2	August da Silva Sveen	NOR	3:54.89
3	Lasse Bjørn Jensen	DEN/ISL	3:54.97
4	Jonas Magnusson	SWE	3:57.16
5	Oliver Asikainen	FIN	3:58.22
6	Martti Majuri	FIN	3:59.02
7	Samuel Berhane	SWE	4:03.24
8	Hjalte Dalskov	DEN/ISL	4:12.59

5000 m		22 jul	
1	August da Silva Sveen	NOR	14:57.72
2	Jonas Skjervén	NOR	14:58.08
3	Gabriel Claesson	SWE	15:16.30
4	Lasse Bjørn Jensen	DEN/ISL	15:24.11
5	Eemeli Hirvonen	FIN	15:35.35
6	Anssi Mustonen	FIN	15:39.09
7	Milian Hentscke	SWE	15:43.76

110 m hurdles 23 jul +1,6

1	Rasmus Vehmaa	FIN	13.30
2	Edvin Assarsson	SWE	13.94
3	Konsta Kankaainen	FIN	14.14
4	Sofus Olivarius Vølund	DEN/ISL	14.30
5	Linus Jonsson	SWE	14.61
6	Simen Johan Teigstad	NOR	14.90
7	Nicolas A. Baranyi Eriksen	NOR	15.11
8	Þorleifur Einar Leifsson	DEN/ISL	15.12

400 m hurdles		22 jul	
1	Jeere Haapalainen	FIN	50.22
2	Antti Sainio	FIN	50.91
3	Sofus Olivarius Vølund	DEN/ISL	53.45
4	Lucas Törnström	SWE	55.15
5	Isak Stieberth Siljedahl	DEN/ISL	55.19
6	Aiden Vincent	NOR	55.38
7	Ivar Plukkerud	NOR	61.01

3000 m steeplechase		23 jul	
1	Oscar Nyholm	FIN	9:13.36
2	Marcus Asker	SWE	9:13.91
3	Lars Horten Jordet	NOR	9:14.97
4	Markus Andersson	SWE	9:29.61
5	Anssi Mustonen	FIN	9:45.14
6	Mikkel Feldborg Nielsen	DEN/ISL	10:31.34
7	Laurits Gade Strøyer Andersen	DEN/ISL	10:43.15

5000 m race walking		23 jul	
1	Kristoffer Randall	NOR	25:19.19
2	Eetu Salmi	FIN	25:28.40
3	Samuel Marku	FIN	26:42.96

High jump		23 jul	
1	Melwin Lycke Holm	SWE	2.10
2	Elias Óli Hilmarsson	DEN/ISL	1.99
3	Johan Grönroos	FIN	1.95
4	Sondre Jahren	NOR	1.90
=5	Jonas Strunge	DEN/ISL	1.85
=5	Tobias Heldal	NOR	1.85
7	Felix Ridderstråle	SWE	1.85
	Teerhu Laurikainen	FIN	NM

Series	1.70	1.75	1.80	1.85	1.90	1.95	1.99	2.03	2.07	2.10	2.13
1					o	o	o	o	o	o	xxx
2					o	o	o	xxx			
3					o	xo	xx	x			
4			o	xo	xo	xxx					
=5	o	o	-	o	-	xxx					
=5			o	o	xxx						
7			xo	xxo	xxx						
8					xxx						

Pole vault		22 jul	
1	Linus Jönsson	SWE	5.40
2	Philip Andreas Kubon	NOR	5.10
3	Viktor Rahm	SWE	5.00
4	Sander Oppen	NOR	4.80
5	Petteri Tuomaala	FIN	4.60
6	Julius Haansbæk Mortensen	DEN/ISL	4.60
7	Verner Vesala	FIN	4.30
8	Þorleifur Einar Leifsson	DEN/ISL	4.00

Series	3.85	4.00	4.15	4.25	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.00	5.10	5.15	5.20	5.25
1									o	-	o	-	x	o	-	o
2		o	o	xxx					o	-	o	xo	o	x	xx	
3									o	-	xxx	o	x	xx		
4						o	o	o	xxx	xxx	xxx					
5			o	-	o	-	o	o	xxx							

6
7
8

XO - XO XO O O XXX

O O XXX

Long jump

22 jul

1	Melwin Lycke Holm	SWE	7.51
2	Kristoffer Andersson	SWE	7.23
3	Sebastian Berntsen	NOR	7.16
4	Carl Bruce Aabo	DEN/ISL	7.02
5	Anyel Weis	DEN/ISL	7.00
6	Benjamin Olli	FIN	6.66
7	Konsta Tynkkynen	FIN	6.48
	Sondre Jahren	NOR	NM

Series	1	2	3	4	5	6
1	7.26	7.30	7.51	X	7.32	X
	+0,8	+1,6	+1,3		+0,5	
2	6.94	7.23	6.91	6.91	6.85	X
	-0,4	+0,7	-0,9	-0,9	0,2	
3	6.86	6.90	7.14	7.16	7.10	7.11
	+0,8	+1,0	+1,9	+1,3	+1,9	+0,9
4	7.02	6.00	6.82	6.67	6.92	6.78
	+1,5	+1,4	+0,2	-0,6	+1,7	+2,1
5	7.00	6.77	6.99	6.86	6.89	6.81
	+1,9	+1,4	+0,6	0,0	+1,8	+2,2
6	X	6.32	6.59	X	6.66	X
		+0,4	-0,7		+0,4	
7	X	X	6.47	6.48	X	6.33
			-0,2	-0,1		+1,1
	X	X	X	X	X	X

Triple jump

23 jul

1	Marcus Eklund	SWE	14.38
2	Oden Grahm Goles	SWE	14.34
3	Emil Nylund	FIN	14.32
4	Guðjón D. Diaquoi Þorsteinsson	DEN/ISL	13.88
5	Santeri Haapamäki	FIN	13.88
6	Jonathan Sass Møller	DEN/ISL	13.44
7	Sigmund Le Fjeld	NOR	13.37
8	Oscar Stuhr	NOR	13.16

Series	1	2	3	4	5	6
1	X	14.38	X	13.94	X	14.28
		+0,2		-0,6		+0,6
2	X	14.26	14.13	14.07	14.15	14.34
		-0,2	-1,0	-0,3	-0,2	+0,6
3	13.98	14.14	14.32	X	14.11	14.31
	+1,5	+1,3	-0,6		-0,8	+0,3
4	13.88	13.78	13.45	13.61	X	13.49
	+1,7	+1,0	-1,6	-0,6		-0,5
5	13.88	X	X	X	13.53	X
	+0,2				-0,2	
6	13.44	13.22	13.97	X	X	13.13
	+1,1	+0,4	-0,5			-1,3
7	12.95	13.01	13.37	13.18	13.32	X
	+0,8	-0,6	-1,1	-1,2	-0,2	
8	13.15	13.16	X	r		
	+0,9	+0,7				

Shot put

22 jul

1	Henrik From Vesterlid	NOR	17.89
2	Leo Zikovic	SWE	17.33
3	Juho Suominen	FIN	17.23
4	Mads Krogsgaard Nielsen	DEN/ISL	17.02
5	Paavo Puro	FIN	16.11
6	Jesper Lindqvist	SWE	15.05
7	Sondre Jahren	NOR	14.24
8	Bjarni Hauksson	DEN/ISL	12.17

Series	1	2	3	4	5	6
1	16.95	17.89	X	X	X	X
2	X	17.33	X	16.91	X	17.13
3	15.48	15.12	15.70	16.01	17.23	X
4	16.03	X	16.78	16.89	17.02	X
5	15.53	14.82	15.58	14.93	16.11	X
6	X	X	13.33	X	X	15.05
7	14.24	14.21	X	r		
8	X	12.17	r			

Discus throw

23 jul

1	Håkon Hansesæter	NOR	57.06
2	Juho Suominen	FIN	56.84
3	Max Lampinen	FIN	52.23
4	Brage Viljar Arumairasa	NOR	50.51
5	Adam Hellbom	SWE	50.41
6	Mads Krogsgaard Nielsen	DEN/ISL	49.37
7	Jesper Lindqvist	SWE	48.16
8	Emil Degn Pedersen	DEN/ISL	47.22

Series	1	2	3	4	5	6
1	54.53	52.64	57.06	50.80	X	51.65
2	50.65	46.27	55.44	56.84	X	54.75
3	49.79	52.23	X	X	51.53	X
4	48.23	48.94	X	49.57	50.22	50.51
5	50.41	49.92	X	X	X	X
6	48.38	X	X	X	49.02	49.37
7	X	46.93	47.40	48.08	48.16	X
8	45.20	46.34	X	44.45	47.22	44.80

Hammer throw

22 jul

1	Max Lampinen	FIN	76.43
2	Adam Hellbom	SWE	67.63
3	Øystein Solheim Hytten	NOR	66.02
4	Gustav Rydåker	SWE	63.45
5	Reko Tuominen	FIN	63.14
6	Frederik Degn Pedersen	DEN/ISL	60.52
7	Theodor Hennecke	DEN/ISL	56.52
	Håkon Hansesæter	NOR	NM

Series	1	2	3	4	5	6
1	73.44	X	76.09	76.43	75.07	75.89
2	X	61.03	64.20	67.63	X	62.96
3	57.54	64.29	65.83	64.27	66.02	64.10
4	X	63.45	62.21	X	X	63.44
5	X	61.45	63.12	60.80	63.14	59.62
6	60.52	56.97	59.06	X	X	X
7	52.83	X	X	53.08	55.55	56.52
	X	X	X	X	X	X

Javelin throw

23 jul

1	Tuomas Närhi	FIN	65.79
2	Leon Bodén	SWE	63.73
3	Jaakko Honka	FIN	60.43
4	Filip Sundin	SWE	58.11
5	Tommi Aslaksrud Pasanen	NOR	57.88
6	Theodor Hennecke	DEN/ISL	56.95
7	Peder Hennestad Skjevra	NOR	56.42
8	Hans Sækmose	DEN/ISL	51.51

Series	1	2	3	4	5	6
1	65.79	59.64	57.34	60.66	62.08	65.24
2	62.91	61.68	63.73	X	58.99	63.63
3	60.29	57.69	X	57.41	60.43	X
4	56.68	58.11	57.68	54.23	54.06	57.81
5	54.99	55.72	X	56.36	57.22	57.88
6	X	52.33	X	52.47	56.95	54.86
7	54.34	56.42	55.57	56.07	53.28	55.45
8	48.40	51.51	X	48.66	47.47	X

4x100 m relay

22 jul

1	NOR	41.16	(Emil Gundersen, Alexander Skrede, Sebastian Berntsen, Sondre Witzøe)
2	FIN	41.38	(Aki Kulju, Topi Huttunen, Rasmus Vehmaa, Antti Sainio)
	SWE	DNF	(Noah Karlberg, Alex Apelgrim, Erik Erlandsson, Isak Hughes)
	DEN/ISL	DNF	(Simon Bloch Larsen, Hector Wandt, Valentin Jensen, Carl Bruce Aabo)

4x400 m relay

23 jul

1	FIN	3:12.89	(Rado Lindberg, Antti Sainio, Simeon Vorselman, Jere Haapalainen)
2	NOR	3:13.60	(Bastian Elan Aurstad, Tobias Bang Guldbrandsen, Aiden Vincent, Sindre Strønstad-Løseth)

3	DEN/ISL	3:17.81	(Luis Mailliet Tapias, Sofus Olivarius Vølund, Christoffer Banke Jørgensen, Gustav Stetkær Bohr)
	SWE	DQ	(Isak Stieberth Siljedahl, Alexander Oliver, Erik Skoglund, Felix Ridderstråle,

Points Men	Nation	Total
	FIN	200
	SWE	194
	NOR	171,5
	DEN/ISL	111,5

Women

	100 m	22 jul	+1,3
1	Selma Ims	NOR	11.92
2	Emilia Franzén	SWE	12.07
3	Aino Vuorjoki	FIN	12.07
4	Helmi Hjortbäck	SWE	12.11
5	Noora Salmi	FIN	12.17
6	Ronja Christophersen	DEN/ISL	12.64
7	Maria Helga Högnadóttir	DEN/ISL	12.67
8	Lilje Lopes Patey	NOR	12.71

	200 m	23 jul	+1,1
1	Aino Vuorjoki	FIN	24.24
2	Selma Ims	NOR	24.39
3	Helmi Hjortbäck	SWE	24.49
4	Emilia Franzén	SWE	24.59
5	Priscilla Boateng	FIN	24.74
6	Lilje Lopes Patey	NOR	25.09
7	Júlía Kristín Jóhannesdóttir	DEN/ISL	25.45
8	Ronja Christophersen	DEN/ISL	25.77

	400 m	22 jul	
1	Borghild Oline Holstad	NOR	55.13
2	Elenie Carlsson	SWE	55.90
3	Teresa Perttilä	FIN	55.91
4	Elna Wester	SWE	56.49
5	Nora Grønnegaard Fischer	DEN/ISL	56.82
6	Linne Kallio	FIN	57.10
7	Lisa Maylen Stensøy	NOR	57.30
8	Caroline Aslerin	DEN/ISL	57.55

	800 m	23 jul	
1	Sini Rajaniemi	FIN	2:11.67
2	Nora Kytäjä	FIN	2:11.77
3	Ebba Cronholm	SWE	2:12.37
4	Emilia Mandl	SWE	2:13.23
5	Lærke F. Thygesen	DEN/ISL	2:14.82
6	Vilde-Sofie Torvund	NOR	2:18.23
7	Ida Grytaas Forsmo	NOR	2:19.05
8	Signe Risvig	DEN/ISL	2:21.79

	1500 m	22 jul	
1	Saga Provci	SWE	4:21.01
2	Elsa Sundqvist	SWE	4:24.62
3	Marte Hovland	NOR	4:27.05
4	Nora Kytäjä	FIN	4:34.99
5	Ida Grytaas Forsmo	NOR	4:40.40
6	Signe Risvig	DEN/ISL	4:40.94
7	Sini.Minea Saarikoski	FIN	4:49.12
8	Siv Bertelsen	DEN/ISL	4:55.21

	3000 m	22 jul	
1	Elsa Sundqvist	SWE	9:28.51
2	Ebba Broms	SWE	9:31.57

3	Anna Maria Nordengen Sirevåg	NOR	9:48.16
4	Marte Hovland	NOR	9:55.16
5	Nelli Viskari	FIN	10:00.78
6	Ida Tveen Høgsberg	DEN/ISL	10:36.15
7	Pinja Laasanen	FIN	10:40.16
8	Siv Bertelsen	DEN/ISL	10:52.71

	100 m hurdles	23 jul	+0,3
1	Lovise Skarbøvik Andresen	NOR	13.59
2	Siiri Siirtola	FIN	13.80
3	Selma Ims	NOR	13.88
4	Linnea Svanhall	SWE	13.92
5	Essi Niskala	FIN	13.92
6	Tilde Bjerager	SWE	14.17
7	Júlia Kristin Jóhannesdóttir	DEN/ISL	14.20

	400 m hurdles	22 jul	
1	Vilma Väliharju	FIN	60.07
2	Essi Niskala	FIN	60.29
3	Tilde Bjerager	SWE	60.85
4	Jamila Isman	NOR	61.36
5	Elenie Carlsson	SWE	61.44
6	Ísold Sævarsdóttir	DEN/ISL	63.23
7	Amanda Sondrup Henriques	DEN/ISL	63.29
8	Sarah Safaa Al-Saidi	NOR	67.58

	3000 m steeplechase	23 jul	
1	Ebba Cronholm	SWE	10:14.89
2	Thea Charlotte Knutsen	NOR	10:18.27
3	Lowa Branth	SWE	10:20.86
4	Maiken Holmlund Prøitz	NOR	10:28.66
5	Miina Kilpeläinen	FIN	11:02.55
6	Lærke F. Thygesen	DEN/ISL	11:43.64

	5000 m race walk	23 jul	
1	Aliisa Kiiski	FIN	23:53.42
2	Anna Kokko	FIN	26:16.43

	High jump	22 jul	
1	Birta Maria Haraldsdóttir	DEN/ISL	1.80
2	Alvah Lind	SWE	1.80
3	Engla Nilsson	SWE	1.77
4	Mia Käsäkangas	FIN	1.74
5	Telma Björk Rostoft Kristjansson	NOR	1.71
6	Hedvig Kallåk	NOR	1.66
7	Celina C.S. Jensen	DEN/ISL	1.61
8	Anni Konnu	FIN	1.61

Series	1.51	1.56	1.61	1.66	1.71	1.74	1.77	1.80	1.83
1									
2									
3									
4									
5									
6									
7									
8									

	Pole vault	23 jul	
1	Sara Winberg	SWE	3.95
2	Elia Uddenäs	SWE	3.85
3	Tuuli Järvinen	FIN	3.85
4	Annabelle Viple	DEN/ISL	3.75
5	Sara Benedikte Guttormsen	NOR	3.65
6	Vanessa Lindberg	FIN	3.45
7	Jennis Bos	NOR	3.10
8	Cathia Lindgaard Jensen	DEN/ISL	2.95

Series	2.95	3.10	3.25	3.35	3.45	3.55	3.65	3.75	3.85	3.95	4.00	4.10
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4x400 m relay	23 jul	
1 NOR	3:45.27	(Camilla Dahl Kristiansen, Lilje Lopes Patey, Lisa Maylen Stensøy, Borghild Oline Holstad)
2 SWE	3:47.12	(Elna Wester, Cederberg Lia, Tilde Bjerager, Elenie Carlsson)
3 FIN	3:47.49	(Linne Kallio, Minea Lind, Sini-Minea SaariKoski, Teresa Perttilä)
4 DEN/ISL	3:47.74	(Nora Grønnegaard Fischer, Lærke F. Thygesen, Amanda Sondrup Henriques, Caroline Aslerin)

Points Women	Nation	Total
	SWE	222
	FIN	205
	NOR	153
	DEN/ISL	98

Points Total	Nation	Total
	SWE	416
	FIN	405
	NOR	324,5
	DEN/ISL	209,5

Nordic Para Athletics Championships

Lillestrøm, NOR 19.-20. Aug

Men

100 m Finale Heat 1	19 aug	0,0
1 Jonas Jensberg Hagelid	NOR	15.11
2 Odd Markus Lütken	NOR	20.42
3 Gustav Tegelund	SWE	20.60
4 Pontus Ståhlfors	SWE	22.63
5 Olof da Silva Olsson	SWE	27.27
6 Nikolaj Christensen	DEN	27.82
7 Henrik Eriksson	SWE	39.77

100 m Finale Heat 2	19 aug	-0,2
1 Bjørnar Ramstad Støylen	NOR	12.84
2 Oskari Suominen	FIN	16.23
3 Niklas Almers	SWE	16.28/448
4 Albin Janderberg	SWE	16.36/50
5 Henry Sundblom	FIN	18.80/118
6 Lasse Kromann	DEN	19.88
7 Jonathan Tranberg	NOR	19.99/50
8 Axel Colling	SWE	21.48

100 m Finale Heat 3	19 aug	-1,3
1 Eetu Kuisma	FIN	13.21/435
2 Sander Hegni	NOR	13.36/199
3 Viktor Åberg	SWE	13.44
4 Trygve Havro	NOR	13.56
5 Eevert Haakana	FIN	13.64/140
6 Eirik Lindø	NOR	13.75
7 Joona Forsström	FIN	14.57
8 Leo-Pekka Tähti	FIN	14.80/809

100 m Finale Heat 4	19 aug	-0,8
1 Kasper Filsø	DEN	11.70/710
2 Mattias Asp	FIN	11.91/651
3 Tobias Jansson	SWE	11.99/630
4 Joel Reinholdsson	SWE	12.20
5 Michael Setsaas	NOR	12.68
6 Alexander Már Bjarnþórsson	ISL	12.75
7 Simon Limstrand	NOR	12.86
8 Kenneth Heggdal	NOR	13.10/279

100 m (Standing)	19 aug	
1 Heat 1 (+0,2):	1 Tobias Jonsson, SWE 11.91/661, 2 Kennet Hegdal, NOR 13.06/293,	

3 Evert Haakana, FIN 13.59/151, 4 Jonathan Tranberg, NOR 19.30/50
Heat 2 (-0,8): 1 Kasper Filsø, DEN 11.75/712, 2 Mattias Asp, FIN 11.92/647, 3 Eetu Kuisma, FIN 13.15/457, 4 Sander Hegni, NOR 13.35/202, 5 Albin Janderberg, SWE 16.39/50

100 m (T20) 19 aug

1 Heat 1 (+0,2): 1 Alexander Már Bjarnþórsson, ISL 12.81, 2 Simon Limstrand, NOR 12.81, 3 Eirik Lindø, NOR 13.92, 4 Jonna Forsström, FIN 14.23, 5 Bjørnar Ramstad Støylen, NOR 17.84
Heat 2 (-0,8): 1 Joel Reinholdsson, SWE 12.26, 2 Michael Setsaas, NOR 12.67, 3 Viktor Åberg, SWE 13.64, 4 Trygve Havro, NOR 13.68, 5 Oskari Suominen, FIN 16.72, Jonas Jensberg Hagelid, NOR DNS

100 m (Framerunning T71)	19 aug	
1 Olof da Silva Olsson	SWE	26.53
2 Nikolaj Christensen	DEN	26.77
3 Henrik Eriksson	SWE	34.72

100 m (Framerunning T72)	19 aug	
1 Lasse Kromann	DEN	19.95
2 Axel Colling	SWE	20.83
3 Odd Markus Lütken	NOR	21.33
4 Gustav Tegelund	SWE	22.57
5 Pontus Ståhlfors	SWE	24.22

100 m (Wheelchair)	19 aug	-0,7
1 Leo-Pekka Tähti	FIN	15.50
2 Niklas Almers	SWE	16.23
3 Henry Sundblom	FIN	18.85

200 m Heat 1	20 aug	+0,1
1 Tobias Jonsson	SWE	24.31/649
2 Eevert Haakana	FIN	27.89/169
3 Albin Janderberg	SWE	35.11/50
4 Jonathan Tranberg	NOR	42.59/50
Antti Hovi	FIN	DNS

200 m Heat 2	20 aug	+0,9
1 Kasper Filsø	DEN	24.12/656
2 Eetu Kuisma	FIN	27.32/368
3 Kenneth Heggdal	NOR	26.41/321
4 Sander Hegni	NOR	27.13/213
Mattias Asp	FIN	DNS

200 m (T20) Heat 1	20 aug	+0,6
1 Joel Reinholdsson	SWE	24.85
2 Bjørnar Ramstad Støylen	NOR	25.72
3 Viktor Åberg	SWE	28.35
4 Joona Forsström	FIN	29.82
5 Aleksi Hyvärinen	FIN	30.17

200 m (T20) Heat 2	20 aug	+0,8
1 Michael Setsaas	NOR	25.47
2 Alexander Már Bjarnþórsson	ISL	26.11
3 Simon Limstrand	NOR	26.81
4 Trygve Havro	NOR	27.05
5 Eirik Lindø	NOR	27.50
6 Oskari Suominen	FIN	35.68

200 m (T53/54)	20 aug	+0,1
1 Leo-Pekka Tähti	FIN	26.42/786
2 Niklas Almers	SWE	32.75/90
3 Henry Sundblom	FIN	35.87/63

200 m (T71)	20 aug	+0,2
1 Olof da Silva Olsson	SWE	1:00.45
2 Henrik Eriksson	SWE	1:39.19

200 m (T72)	20 aug	+0,8
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1	Odd Markus Lütken	NOR	39.58
2	Lasse Kromann	DEN	41.61
3	Axel Colling	SWE	41.79
4	Viktor Hanssen	SWE	43.51
5	Gustav Tegnelund	SWE	44.85
6	Pontus Ståhlfors	SWE	48.76

400 m			
19 aug			
1	Leo-Pekka Tähti	FIN	49.79/760
2	Mattias Asp	FIN	54.09/635
3	Eevert Haakana	FIN	1:01.33/267
4	Henry Sundblom	FIN	1:16.34/50
5	Michel Thor Masselter	ISL	1:29:35/50

400 m (T20)			
19 aug			
1	Trygve Havro	NOR	58.45/274
2	Alexander Már Bjarnbörsson	ISL	59.81/192
3	Michael Setsaas	NOR	59.87/188
4	Eirik Lindø	NOR	1:02.61/87
5	Joona Forsström	FIN	1:03.04/81
6	Ville Mäntynen	FIN	1:09.37/50

400 m (Framerunning T71)			
19 aug			
1	Henrik Eriksson	SWE	2:13.83
	Olof da Silva Olsson	SWE	DQ

400 m (Framerunning T72)			
19 aug			
1	Odd Markus Lütken	NOR	1:22.65
2	Viktor Hanssen	SWE	1:30.88
3	Pontus Ståhlfors	SWE	1:45.15
4	Axel Colling	SWE	1:46.03

800 m			
20 aug			
1	Michael Setsaa	NOR	2:30.71/57
2	Michel Thor Messelter	ISL	3:30.31/50
-	Antto Hovi	FIN	DNS

800 m (Framerunning T72)			
20 aug			
1	Odd Markus Lütken	NOR	3:11.63
2	Viktor Hanssen	SWE	3:27.35
3	Pontus Ståhlfors	SWE	3:42.51

1500 m			
19 aug			
1	Anders Lagergren	DEN	4:14.42/896
2	Mohamed Hersi	DEN	4:07.45/762
3	Mads Eskar	DEN	4:24.88/677
4	Skjalg Kongssund	NOR	4:28.04/625
5	Mads Erting	DEN	4:35.38/583
6	Martin Jansson	SWE	4:34.49/295
7	Sebastian Pollack	SWE	4:46.21/141
8	Jarko Hammar	FIN	6:12.55/53

9 Aleksí Hyvärinen, FIN 5:22.40/50), 10 Michel Thor Masselter, ISL 6:41.73/50

1500 m (Framerunning T71)			
19 aug			
1	Sindre Klakegg Bruflo	NOR	7:32.35

1500 m (Framerunning T72)			
19 aug			
1	Odd Markus Lütken	NOR	6:12.10

5000 m			
20 aug			
1	Mads Eskar	DEN	16:11.89/590
2	Anders Lagergren	DEN	16:51.91/408
3	Mads Erting	DEN	17:25.58/369
4	Skjalg Kongssund	NOR	17:21.11/285
5	Claudio Denaro	DEN	18:14.93/271
6	Per-Einar Torbergsen	NOR	18:56.56/64

5000 m (T20)			
20 aug			
1	Martin Jansson	SWE	16:52.07/422
2	Viktor Hagg	SWE	18:02.38/152
3	Sebastian Pollack	SWE	18:12.40/125

5000 m (Framerunning T71)			
20 aug			
1	Sindre Klakegg Bruflo	NOR	26:49.94

5000 m (Framerunning T72)			
20 aug			
1	Odd Markus Lütken	NOR	19:55.0

Long jump			
19 aug			
1	Tobias Jonsson	SWE	6.31/684
2	Eeto Kuisma	FIN	5.15/522
3	Kennet Hegdal	NOR	5.71/436
4	Albin Janderberg	SWE	3.30/50

Series	1	2	3	4	5	6
1	X	6.31	6.20	6.14	6.21	6.23
		+0,4	+0,3	+1,3	+1,4	+2,1
2	X	5.15	X	X	5.02	5.11
		+2,7			+2,6	+1,6
3	4.98	5.60	5.44	5.71	X	X
	+0,2	+0,4	+1,2	+1,6		
4	3.12	X	3.30	1.49	X	1.54
	+0,6		+2,7	+2,2		+2,4

Long jump (T20)			
19 aug			
1	Nicklas Struve	DEN	5.58/425
2	Simon Limstrand	NOR	5.38/338
3	Eirik Lindø	NOR	5.07/212
4	Bjørnar Ramstad Støylene	NOR	5.01/190
5	Joel Reinholdsson	SWE	4.75/109
6	Viktor Åberg	SWE	4.72/102
7	Ville Mäntynen	FIN	4.61/88
8	Alexander Már Bjarnbörsson	ISL	4.38/68

Jonas Jensberg Hagelid, NOR NM

Series	1	2	3	4	5	6
1	5.23	5.58	5.31	5.27	X	X
	+0,3	+1,0	+1,2	+1,0		
2	5.03	5.38	4.60	4.74	5.25	5.18
	+1,1	+0,7	+1,8	+2,1	+1,4	+2,1
3	4.78	4.92	5.07	4.97	4.86	4.86
	+2,5	+0,7	+1,0	+0,6	+1,4	+1,1
4	X	4.69	5.01	4.75	X	4.91
		+1,5	+0,2	+1,1		+1,0
5	4.65	4.75	4.30	4.55	4.52	4.22
	+1,0	+0,7	+0,6	+1,6	+1,1	+1,5
6	4.68	4.64	4.49	4.63	X	4.72
	+0,5	+1,5	+0,7	+0,3		+1,8
7	X	4.61	4.32	X	4.40	4.43
		+1,6	+1,0		+0,3	+0,7
8	3.86	4.38	4.21	4.29	4.07	4.24
	+1,4	+1,0	+0,5	+0,8	+1,1	+0,3
	X	-	X			

Shot put (Standing)			
20 aug			
1	Joel Jansson	SWE	10.07/644
2	Emil Steinar Björnsson	ISL	8.99/102
3	Aleksí Hyvärinen	FIN	7.36/58

Series	1	2	3	4	5	6
1	10.03	9.17	9.81	10.04	X	10.07
2	8.69	8.93	X	8.99	8.86	8.50
3	7.13	7.11	7.30	7.36	7.24	7.09

Shot put (Seated)			
20 aug			
1	Pasi Heikkilä	FIN	8.04/263
2	Christian Johansson	FIN	5.77/140

Series	1	2	3	4	5	6
1	7.65	7.62	8.04	7.42	7.69	7.85
2	4.76	5.77	5.13	5.38	4.93	5.32

Discus throw			
20 aug			
1	Joel Jansson	SWE	29.12

Series	1	2	3	4	5	6
1	X	X	X	29.12	X	28.99

Discus throw (F20)				20 aug	
1	Emil Steinar Björnsson	ISL			20.88

Series	1	2	3	4	5	6
1	16.89	X	18.83	17.79	16.84	20.88

Discus throw (Seated)				20 aug	
1	Pasi Heikkilä	FIN			23.23/217
2	Christian Johansson	FIN			12.88/97

Series	1	2	3	4	5	6
1	23.23	19.38	22.11	22.53	19.02	19.79
2	10.22	10.43	12.13	11.14	11.13	12.68

Javelin				19 aug	
1	Joel Jansson	SWE			41.63/389

Series	1	2	3	4	5	6
1	39.30	40.48	41.47	39.93	41.63	38.62

Javelin (Seated)				19 aug	
1	Pasi Heikkilä	FIN			27.96/483
2	Christian Johansson	FIN			14.84/422

Series	1	2	3	4	5	6
1	27.04	26.10	26.63	26.40	27.96	27.63
2	13.95	14.00	14.84	X	14.15	14.49

Javelin (F20)				19 aug	
1	Emil Steinar Björnsson	ISL			22.34
2	Aleksi Hyvärinen	FIN			16.68

Series	1	2	3	4	5	6
1	20.32	21.46	21.44	22.34	20.48	21.12
2	14.65	16.68	13.58	15.27	14.55	14.31

Women

100 m Finale Heat 1				19 aug	-3,6
1	Sofie Østerbø Jansen	NOR			25.07
2	Julia Hedenström	SWE			25.21
3	Marika Vaihinger	SWE			31.53
4	Moa Nilsson	SWE			35.54
5	Marte Aasvang	NOR			40.60

100 m Finale Heat 2				19 aug	-1,8
1	Naima Klasson	SWE			17.12
2	Ellen Westling	SWE			17.90/238
3	Emmy Persson	SWE			18.01
4	Anne Selda Deliler	NOR			18.13/344
5	Freya Jørgensen	DEN			18.34/602
6	Sini Paukkeri	FIN			18.88/486
7	Anusa Abdulle	NOR			19.96/271
8	Karla Risum	DEN			20.12

100 m Finale Heat 3				19 aug	-0,6
1	Ida-Louise Øverland	NOR			13.35/757
2	Stefania Daney Guðmundsdóttir	ISL			13.93
3	Emma Ericsson	SWE			14.87
4	Filippa Iversen	SWE			15.10/171
5	Nyankuan Kai	SWE			15.74
6	Lina Hedberg	SWE			15.75
7	Aamu Hulmi	FIN			15.85/101
8	Meri Kanerva	FIN			17.05

100 m (Standing)				19 aug	-1,3
1	Ida-Louise Øverland	NOR			13.49/720
2	Filippa Iversen	SWE			15.56/98
3	Aamu Hilmi	FIN			16.37/173
4	Ellen Westling	SWE			17.59/300

5	Ann Selda Deliler	NOR			18.09/353
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100 m (T20)				19 aug	
1	Stefania Daney Guðmundsdóttir	ISL			14.06
2	Emma Ericsson	SWE			14.72
3	Lina Hedberg	SWE			15.39
4	Nyankuan Kai	SWE			15.84
5	Meri Kanerva	FIN			16.95
6	Naima Klasson	SWE			17.08
7	Emmy Persson	SWE			18.05

100 m (Framerunning T71)				19 aug	
1	Marika Vaihinger	SWE			31.10
2	Moa Nilsson	SWE			31.71
3	Marte Aasvang	NOR			41.64

100 m (Framerunning T72)				19 aug	
1	Karla Risum	DEN			19.17
2	Thea Berggren	DEN			19.55
3	Kristine Hagen	DEN			20.90
4	Sofie Østerbø Jansen	NOR			23.46
5	Julia Hedenström	SWE			24.06

100 m (Wheelchair)				19 aug	-0,5
1	Freya Jørgensen	DEN			17.89/697
2	Sini Paukkeri	FIN			18.47/574
3	Anisa Abdulle	NOR			19.38/382

200 m				20 aug	+0,1
1	Hanna Kasurinen	FIN			33.42/254
2	Filippa Iversen	SWE			32.17/123
3	Elling Westling	SWE			38.43/122

200 m (T20)				20 aug	+0,4
1	Stefania Daney Guðmundsdóttir	ISL			29.07
2	Lina Hedberg	SWE			31.82
3	Nyankuan Kai	SWE			32.16
4	Meri Kanerva	FIN			35.41
5	Naima Klasson	SWE			38.12
6	Emmy Persson	SWE			38.72

200 m (T53/54)				20 aug	
1	Freya Jørgensen	DEN			34.14
2	Sini Paukkeri	FIN			34.20
3	Anisa Abdulle	NOR			35.37

200 m (Framerunning T71)				20 aug	+0,9
1	Marika Vaihinger	FIN			1:01.22
2	Moa Nilsson	SWE			1:06.35
3	Marte Aasvang	NOR			1:42.80

200 m (Framerunning T72)				20 aug	+0,7
1	Thea Berggren	DEN			39.05
2	Karla Risum	DEN			40.91
3	Kristine Hagen	DEN			40.97
4	Sofie Østerbø Jansen	NOR			49.42
5	Julia Hedenström	SWE			49.46

400 m				19 aug	
1	Lina Hedberg	SWE			1:11.79/254
2	Nyankuan Kai	SWE			1:15.26/125
3	Hanna Kasurinen	FIN			1:15.77/295
4	Aamu Hilmi	FIN			1:21.38/100
5	Anita Ósk Hrafnisdóttir	ISL			1:28.84/50

Stafania Daney Guðmundsdóttir

<i>400 m (Wheelchair)</i>				19 aug
1	Freya Jørgensen	DEN	1:02.59/575	
2	Sini Paukkari	FIN	1:04.26/490	
3	Anisa Abdulle	NOR	1:07.65/329	

<i>400 m (Framerunning T71)</i>				19 aug
1	Marika Vaihinger	SWE	2:07.81	
2	Moa Nilsson	SWE	2:40.21	

<i>400 m (Framerunning T72)</i>				19 aug
1	Thea Berggren	DEN	1:23.07	
2	Julia Hedenström	SWE	1:46.97	
	Andrea Stokholm	DEN	DQ	

<i>800 m (Wheelchair)</i>				20 aug
1	Freya Jørgensen	DEN	2:17.16/248	
2	Anisa Abdulle	NOR	2:20.60/191	

<i>1500 m</i>				19 aug
1	Sara Nyström	SWE	6:08.28/63	
2	Anita Ósk Hrafnadóttir	ISL	7:09.71/50	

<i>1500 m (Framerunning T71)</i>				19 aug
1	Marte Aasvang	NOR	12:38.01	

<i>1500 m (Framerunning T72)</i>				19 aug
1	Sofie Østerbø Jansen	NOR	8:09.74	

<i>5000 m</i>				20 aug
1	Tone Gravvold	NOR	21:38.77/272	
2	Sara Nyström	SWE	21:44.17/167	

<i>Long jump</i>				19 aug
1	Ellen Westling	SWE	3.16/810	
2	Bjørk Nørremark	DEN	5.19/773	
3	Emilie Aasen	DEN	3.88/676	
4	Ida-Louise Øverland	NOR	4.38/350	
5	Aamu Hulmi	FIN	3.31/106	
6	Filippa Iversen	SWE	3.56/76	

Series	1	2	3	4	5	6
1	X	X	3.16	2.80	2.94	X
			-0.6	-0.3	-1.5	
2	4.97	5.14	X	4.68	4.96	5.19
	-0.5	-1.0		-0.6	-1.0	-0.2
3	3.63	2.82	X	3.25	X	3.88
	-0.7	-0.7		-0.5		-0.1
4	X	4.38	X	X	r	
		-0.3				
5	3.31	3.03	2.95	2.91	r	
	-1.7	-0.7	-0.9	-1.2		
6	3.07	3.17	3.24	3.40	3.46	3.56
	-2.2	-0.6	-1.7	-1.3	-0.8	-2.2

<i>Long jump (T20)</i>				19 aug
1	Stefania Davey Guðmundsdóttir	ISL	4.72/630	
2	Emma Ericsson	SWE	4.28/379	
3	Nyankuan Kai	SWE	3.49/72	
4	Lina Hedberg	SWE	3.47/71	
5	Emmy Persson	SWE	3.38/63	
6	Naima Klasson	SWE	3.21/55	

Series	1	2	3	4	5	6
1	4.70	4.70	4.72	4.51	X	4.72
	-0.8	-1.3	-0.5	-1.6		-1.3
2	4.12	4.28	X	r		
	-1.7	-0.4				
3	3.35	3.49	3.32	r		
	-1.0	-1.0	-1.4			
4	3.47	X	X			
	-0.7					
5	2.81	3.38	2.68	2.55	2.76	2.71
	-1.3	-1.0	-0.9	-2.8	-0.4	-0.4
6	X	3.21	3.17	2.97	3.00	r
		-2.4	-1.2	-1.6	-0.3	

<i>Shot put (Standing)</i>				20 aug
1	Ingeborg Eide Garðarsdóttir	ISL	8.33/529	
2	Neea Sahlström	FIN	6.54/312	
3	Filippa Iversen	SWE	5.82/109	
4	Anniinen Lehtinen	FIN	2.13/51	

Series	1	2	3	4	5	6
1	8.19	8.33	7.95	8.30	8.21	8.08
2	6.54	6.37	6.09	6.17	6.19	6.35
3	5.70	5.75	5.56	5.82	5.61	5.51
4	1.93	2.11	2.11	2.11	2.12	2.13

<i>Shot put (F20)</i>				20 aug
1	Nea Tilli	FIN	9.82/568	
2	Guðrún Hulda Sigurjónsdóttir	ISL	9.26/487	
3	Emma Ericsson	SWE	8.08/315	
4	Anita Ósk Hrafnadóttir	ISL	7.59/248	
5	Nyankuan Kai	SWE	7.50/237	
6	Emmy Persson	SWE	4.67/59	
7	Naima Klasson	SWE	4.48/57	

Series	1	2	3	4	5	6
1	X	X	8.82	9.09	9.82	8.53
2	8.55	9.15	9.10	9.21	9.26	9.11
3	7.54	7.81	7.60	8.08	7.20	7.20
4	7.00	7.23	7.55	7.59	7.37	7.42
5	7.26	5.75	7.31	7.50	7.11	7.31
6	4.37	X	3.82	4.67	X	3.80
7	4.36	X	4.29	4.48	X	X

<i>Discus throw</i>				20 aug
1	Ida Yessica Nesse	NOR	29.04/650	
2	Ingeborg Hulda Garðarsdóttir	ISL	19.79/329	
3	Neea Sahlström	FIN	17.13/203	
4	Anniina Lehtinen	FIN	8.03/68	

Series	1	2	3	4	5	6
1	29.04	X	X	X	X	X
2	17.16	X	X	19.79	17.80	18.38
3	15.66	X	16.74	16.50	16.19	17.13
4	7.63	7.59	7.90	8.03	X	X

<i>Discus throw (F20)</i>				20 aug
1	Nea Tilli	FIN	28.20	
2	Guðrún Hulda Sigurjónsdóttir	ISL	27.36	
3	Anita Ósk Hrafnadóttir	ISL	18.73	

Series	1	2	3	4	5	6
1	22.30	28.20	23.93	22.16	23.70	24.55
2	X	25.96	X	27.36	26.17	X
3	16.71	X	17.09	18.73	15.89	17.56

<i>Javelin</i>				19 aug
1	Neea Sahlström	FIN	23.33/741	
2	Ida Yessica Nesse	NOR	29.97/727	

Series	1	2	3	4	5	6
1	23.33	21.50	23.26	22.83	X	22.17
2	23.98	28.57	27.98	29.52	29.97	X

<i>Javelin (Seated)</i>				19 aug
1	Tiia Talvitie	FIN	11.89/313	

Series	1	2	3	4	5	6
1	11.32	X	11.01	11.89	11.43	11.83

<i>Javelin (F20)</i>				19 aug
1	Stefania Daney Guðmundsdóttir	ISL	22.32	
2	Guðrún Hulda Sigurjónsdóttir	ISL	20.01	

Series	1	2	3	4	5	6
1	20.05	X	18.23	16.75	20.41	22.32
2	X	20.01	19.65	19.02	19.13	19.31

Nordic Cross Country Championships

Reykjavik, ISL 5 Nov

Men

<i>Senior</i>		9 km
1	Even Brøndbo Dahl	NOR 28:03
2	Jacob Bouter	NOR 28:03
3	Jens Ibler Lillesø	DEN 28:07
4	Eivind Øygard	NOR 28:13
5	Mikkel Dahl-Jessen	DEN 28:14
6	Ole Hesselbjerg	DEN 28:15
7	Leo Magnusson	SWE 28:16
8	Mustafe Muuse	FIN 28:17

9 Mohammadreza Abootorabi, SWE 28:18, 10 Baldvin Þór Magnússon, ISL 28:23, 11 Martin Regborn, SWE 28:30, 12 Leevi Reponen, FIN 29:18, 13 Trym Halvard Sagstuen Tønnesen, NOR 29:24, 14 Jacob Ejby Stengaard, DEN 30:06, 15 Niko Putkinen, FIN 30:56, 16 Þorsteinn Roy Johansson, ISL 31:54, 17 Snorri Björnsson, ISL 32:24, 18 Búi Steinn Kárasen, ISL 34:10

Teams:

1 NOR 7p, 2 DEN 14p, 3 SWE 27p, 4 FIN 35p, 5 ISL 43p

<i>U20</i>		6 km
1	Karl Ottfalk	SWE 19:06
2	Kristian Bråthe Børve	NOR 19:11
3	Simen Østgård Stensrud	NOR 19:20
4	Håkon Moe Berg	NOR 19:26
5	August da Silva Sveen	NOR 19:29
6	Gabriel Claesson	SWE 19:35
7	Lars Horten Jordet	NOR 20:06
8	Ville Viitakoski	FIN 20:38

9 Eetu Valtola, FIN 20:28, 10 Sisu Moilanen, FIN 20:38, 11 Milian Hentschke, SWE 20:43, 12 Lasse Bjørn Jensen, DEN 21:03, 13 Lyngve Mejlvang Hansen, DEN 21:05, 14 Sebastian Nygaard, DEN 21:05, 15 Lasse Kassentoft Boesenbaek, DEN 21:13, 16 Bjarki Fannar Benediktsson, ISL 22:52, 17 Hilmar Ingi Bernhardsson, ISL 24:06, 18 Illugi Gunnarsson, ISL 24:41

Teams:

1 NOR 9p, 2 SWE 20p, 3 FIN 27p, 4 DEN 39p, 5 ISL 51p

Women

<i>Senior</i>		9 km
1	Ina Halle Haugen	NOR 32:42
2	Hanne Mjøen Maridal	NOR 32:46
3	Juliane Hivind	DEN 32:51
4	Emilia Lillemo	SWE 32:59
5	Sigríð Jervell Våg	NOR 33:07
6	Johanna Larsson	SWE 33:11
7	Carolien Millenaar	DEN 33:22
8	Ine Bakken	NOR 33:34

9 Lisa Risby, SWE 34:28, 10 Johanna Peiponen, FIN 34:50, 11 Josephine Thestrup, DEN 35:00, 12 Taru Palsa, FIN 35:13, 13 Halldóra Huld Ingvarsdóttir, ISL 35:49, 14 Monique Mechlenburg, DEN 35:57, 15 Íris Anna Skuladóttir, ISL 36:39, 16 Anna Berglind Pálmadóttir, ISL 37:28, 17 Íris Dóra Snorradóttir, ISL 37:54, 18 Sigþóra Brynja Kristjánsdóttir, ISL 38:13, Nathalie Blomqvist, FIN DNF

Teams:

1 NOR 8p, 2 SWE 19p, 3 DEN 21p, 4 ISL 44p

<i>U20</i>		4,5 km
1	Sofie Thøgersen	DEN 22:10
2	Elsa Sundqvist	SWE 22:25
3	Maiken Larsson	SWE 22:35
4	Malin Hoelsveen	NOR 22:38
5	Anna Marie Nordengen Sirevåg	NOR 22:39
6	Towa Nilsson	SWE 22:44
7	Ebba Broms	SWE 22:44
8	Thea Charlotte Knutsen	NOR 23:04

9 Astrid My Rønne Kristensen, DEN 23:04, 10 Marte Hovland, NOR 23:10, 11 Sini Rajaniemi, FIN 23:20, 12 Ella Sorvisto, FIN 23:24, 13 Nelli Viskari, FIN 23:33, 14 Embla Margret Hreimsdóttir, ISL 24:16, 15 Signe Risvig, DEN 24:21, 16 Lærke Thygesen, DEN 24:31, 17 Helga Lilja Maack, ISL 25:38, 18 Guðný Lára Bjarnadóttir, ISL 27:24, Nora Bergan, NOR DNF

Teams:

1 SWE 11p, 2 NOR 17p, 3 DEN 25p, 4 FIN 35p, 5 ISL 49p