

This year consists of the following competitions:

23.5	Kerava, FIN	14 <sup>th</sup> Nordic 10000m Challenge
12.-13.6	Randers, DEN	38 <sup>th</sup> Nordic Junior Championships Combined Events
28.-29.8	Akureyri, ISL	7 <sup>th</sup> Nordic U20 Match & Championships
4.9	Tuusula, FIN	29 <sup>th</sup> Nordic Race Walking Championships
4.-5.9	Söderhamn, SWE	6 <sup>th</sup> Nordic U23 Championships – Open for EST-LAT-LTU
25.9	Bergen, NOR	26 <sup>th</sup> Nordic Race Walking Championships Long distances
24.10	Trondheim, NOR	14 <sup>th</sup> Nordic Cross Country Championships

Nordic 10000 m Challenge

Kerava, FIN 23 May

Men

Senior		23 May	
1	<b>Sindre Buraas</b>	<b>NOR</b>	<b>29:36.63</b>
2	<b>Jesper Faurischou</b>	<b>DEN</b>	<b>29:55.72</b>
3	<b>Peter Gross</b>	<b>SWE</b>	<b>30:00.47</b>
4	Joseph Tanui	FIN	30:19.00
5	Ulrik Heitman	DEN	30:34.75
6	Asbjørn Ellefsen Persen	NOR	30:47.37
5	Juho Pirkola	FIN	30:56.61
8	Jeppe Farsøht	DEN	31:21.62

Simo Wannas, FIN DNF, Fredrik Uhrbom, SWE DNF  
 Extra: Henry Gross, SWE 30:06.68, Jarkko Hamberg, FIN 30:15.49, Michael Nielsen, DEN 30:40.27, Miika Takala, FIN 31:28.28, Obed Kipkurui, FIN DNF

Women

Senior		23 May	
1	<b>Christina Bus Holth</b>	<b>NOR</b>	<b>34:51.03</b>
2	<b>Malin Liljestedt</b>	<b>SWE</b>	<b>34:54.10</b>
3	<b>Susanne Grimfors</b>	<b>SWE</b>	<b>34:55.63</b>
4	Hanna Jantunen	FIN	35:09.77
5	Janica Mäkelä	FIN	36:05.86
6	Signe Gasbjerg	DEN	36:07.01
7	Mira Tuominen	FIN	36:48.42
8	Simone Glad	DEN	37:20.49

9 Tove Berg, SWE 37:20.64

Nordic Junior Championships Combined Events

Randers, DEN 12-13 Jun

Men

U23 Decathlon		12-13 Jun	
1	<b>Douglas Stenberg</b>	<b>SWE</b>	<b>6.847</b>
2	<b>Niklas Karlsson</b>	<b>SWE</b>	<b>6.788</b>
3	<b>Juha Sola</b>	<b>FIN</b>	<b>6.722</b>
4	Adam Björling	SWE	6.698
5	Bjarki Gíslason	ISL	6.549
6	Mathias Andersen	DEN	6.248
7	Henrik Holmberg	NOR	5.864
	Juhani Pyhärinta	FIN	DNF

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

1	11.06	6.87	11.06	1.78	49.53	15.60	30.98	4.00	49.93	4:28.47
	847	783	549	610	836	778	484	617	588	755
	+0.4	-1.1			+1.8					
2	11.55	6.51	12.65	1.75	51.69	15.41	34.56	4.00	52.54	4:24.96
	742	700	646	585	738	801	555	617	626	778
	+0.4	-0.5			+1.8					
3	11.62	6.87	11.89	1.81	50.27	16.35	36.55	4.10	45.87	4:35.18
	728	783	600	636	802	694	595	645	528	711
	+0.4	-1.2			+1.8					
4	11.41	6.70	12.94	1.81	50.52	16.68	37.10	3.50	56.85	4:43.88
	771	743	664	636	791	658	606	482	691	656
	+0.4	-1.5			+1.8					
5	11.62	6.76	9.82	1.81	50.63	15.46	30.23	4.40	44.23	4:41.97
	728	757	475	636	786	795	469	731	504	668
	+0.4	-0.1			+1.8					

6	11.59	6.30	12.06	1.75	52.51	16.06	36.02	3.20	52.24	4:48.71
	734	652	610	585	703	726	584	406	622	626
	+0.4	-0.7			+1.8					
7	11.38	6.04	9.74	1.84	51.62	16.67	34.23	2.80	45.72	4:56.99
	778	595	470	661	741	659	548	309	526	577
	+0.4	-1.4			+1.8					
	11.67	6.44	12.92	1.90						
	717	684	662	714						
	+0.4	-0.7								

U20 Decathlon

U20 Decathlon		12-13 Jun	
1	<b>Marcus Nilsson</b>	<b>SWE</b>	<b>7.229</b>
2	<b>Eetu Taskinen</b>	<b>FIN</b>	<b>7.093</b>
3	<b>Martin Roe</b>	<b>NOR</b>	<b>7.069</b>
4	<b>Otto Ylöstalo</b>	<b>FIN</b>	<b>7.029</b>
5	<b>Tuomas Ranta</b>	<b>FIN</b>	<b>6.634</b>
6	<b>Tom Södrén</b>	<b>SWE</b>	<b>6.592</b>
	<b>Oscar Törnros</b>	<b>SWE</b>	<b>DNF</b>
	<b>Samuli Bryggare*</b>	<b>FIN</b>	<b>DNF</b>

Rein Åsmund Torsvik, NOR DNS, Even Enoksen, NOR DNS

\* = not in national team

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

1	11.67	6.60	15.06	1.90	50.84	14.95	38.08	4.30	51.06	4:33.64
	717	720	793	714	776	856	626	702	604	721
	+0.0	+0.0			-0.8					
2	11.58	6.60	14.48	1.78	51.49	15.32	37.39	4.50	60.19	4:53.42
3	736	720	758	610	747	811	612	760	741	598
	-0.2	+0.5			-0.8					
4	11.27	6.74	14.75	1.78	53.17	15.69	43.26	3.90	64.95	5:00.79
	801	753	774	610	674	768	731	590	813	555
5	-0.2	-0.1			-0.8					
	11.62	6.83	14.25	1.87	52.91	15.78	39.10	4.20	53.72	4:38.54
6	728	774	744	687	685	758	646	673	644	690
	+0.0	+0.7			-0.8					
7	11.30	6.55	15.97	1.81	54.23	15.28	43.37	3.40	49.29	5:23.74
	795	709	849	636	630	816	733	457	578	431
8	+0.0	-0.4			-0.8					
	11.79	6.25	13.92	1.81	52.40	15.74	40.56	3.90	49.84	4:56.78
	693	641	723	636	707	762	676	590	586	578
	+0.0	-0.6			-0.8					
	11.47	5.91	13.70	1.72						
	759	567	710	560						
	+0.0	-0.5								
	11.20	6.91								
	817	792								
	-0.2	-0.1								

U18 Decathlon

U18 Decathlon		12-13 Jun	
1	<b>Filip Hjort</b>	<b>SWE</b>	<b>6.990</b>
2	<b>Ingi Rúnar Kristinsson</b>	<b>ISL</b>	<b>6.933</b>
3	<b>Juuso Hassi</b>	<b>FIN</b>	<b>6.879</b>
4	<b>Samuel Kirk-Haugstrup</b>	<b>DEN</b>	<b>6.769</b>
5	<b>Sami Jaatinen</b>	<b>FIN</b>	<b>6.500</b>
6	<b>Fredrick Ekholm</b>	<b>SWE</b>	<b>6.470</b>
7	<b>Simon Pettersson</b>	<b>SWE</b>	<b>6.248</b>
8	<b>Christoffer Durafour</b>	<b>DEN</b>	<b>6.193</b>

9 Per Magne Florvaag, NOR 6.097, 10 Thomas Ørskov\*, DEN 5.744, Andreas Madsen, DEN DNF

\* = not in national team

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m,

## Long jump, Shot put 5kg, High jump, 1000m)

1	14.68	38.07	4.20	51.15	38.02	11.57	6.78	14.03	1.81	3:03.40
	889	625	673	606	700	738	762	730	636	631
	+0.0					-1.1	+0.6			
2	15.04	45.88	3.80	47.92	38.01	11.64	5.92	14.03	1.84	2:46.71
	845	785	562	558	700	723	569	730	661	800
	+0.0					-0.6	+1.7			
3	15.10	45.39	3.90	57.46	38.75	11.71	6.25	13.54	1.78	3:00.56
	837	775	590	700	658	709	641	700	610	659
	+0.0					-0.6	+1.6			
4	15.50	38.26	3.40	52.53	37.15	11.49	6.60	14.61	1.78	2:59.80
	790	629	457	626	750	755	720	766	610	666
	+0.0					-0.6	+1.6			
5	14.90	36.17	4.10	48.70	37.55	12.07	5.91	12.84	1.72	2:57.54
	862	587	645	569	727	637	567	657	560	689
	+0.0					-1.1	-0.3			
6	14.54	26.89	4.10	40.20	36.84	11.68	6.26	12.07	1.84	2:59.45
	906	404	645	445	769	715	644	611	661	670
	+0.0					-0.6	+1.6			
7	15.80	43.84	3.80	46.04	40.06	12.28	6.22	15.66	1.66	3:18.21
	755	743	562	530	587	597	635	830	512	497
	+0.0					-1.1	+1.6			
8	15.61	34.37	4.00	41.26	40.11	12.11	6.04	12.45	1.90	3:03.30
	777	551	617	460	584	629	595	634	714	632
	+0.0					-0.6	+1.0			
9	14.66	23.11	4.40	25.73	37.66	11.70	5.72	10.71	1.78	2:46.02
	891	331	731	240	720	711	527	528	610	808
	+0.0					-1.1	-0.9			
10	15.81	36.03	2.90	47.06	39.41	12.71	5.70	12.08	1.78	3:02.11
	754	584	333	545	622	518	523	611	610	644
	+0.0					-1.1	+0.0			
	14.69	22.54	3.10	43.54	38.21	11.74	3.82			
	887	320	381	494	689	703	177			
	+0.0					-0.6	+3.2			

## Women

### U23 Heptathlon

12-13 Jun

1	Ellinor Rosenquist	SWE	5.423
2	Miiia Kurppa	FIN	5.341
3	Sari Mäkilä	FIN	4.867

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

1	14.77	1.67	11.34	26.41	5.72	43.70	2:18.05
	872	818	618	762	765	738	850
	+0.0			+1.4	+1.5		
2	14.43	1.61	12.97	27.29	5.82	46.17	2:30.89
	918	747	725	688	795	786	682
	+0.0			+1.4	+2.6		
3	15.39	1.67	11.52	27.60	5.57	37.52	2:35.47
	791	818	629	663	720	620	626
	+0.0			+1.4	+2.3		

### U20 Heptathlon

12-13 Jun

1	Mirva Vainionpää	FIN	5.226
2	Kathrine Haarklau	NOR	5.180
3	Josephine Rohr	SWE	5.030
4	Tiina Säily	FIN	4.996
5	Cæcilie Sams	DEN	4.945
6	Sveinbjörg Zophoniasdóttir	ISL	4.815
	Mergime Jashari	SWE	DNS

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

1	14.49	1.64	10.57	26.87	5.69	47.39	2:31.30
	910	783	567	723	756	810	677
	+0.0			+0.2	-0.2		
2	14.74	1.49	11.89	26.70	5.54	48.19	2:24.34
	876	610	654	737	712	825	766
	+0.0			+0.2	+0.7		
3	14.73	1.61	12.03	26.38	5.71	30.88	2:27.64
	878	747	663	764	762	493	723
	+0.0			+0.2	+2.3		
4	15.23	1.64	11.13	26.94	5.18	42.16	2:24.50
	811	783	604	717	609	709	763
	+0.0			+0.2	+2.1		

5	15.94	1.67	11.07	26.02	5.69	34.05	2:29.40
	722	818	600	795	756	554	700
	+0.0			+0.2	-0.1		
6	15.89	1.64	11.63	27.19	5.80	32.62	2:32.97
	728	783	637	696	789	526	656
	+0.0			+0.2	+3.1		

### U18 Heptathlon

12-13 Jun

1	Jessica Bloodworth	SWE	5.071
2	Frida Thorsås	NOR	4.948
3	Arna Stefania Guðmundsdóttir	ISL	4.936
4	Stefanía Valdimarsdóttir	ISL	4.788
5	Sabina Sandberg	SWE	4.733
6	Martine Bye	NOR	4.648
7	Jasmine Burestam	SWE	4.607
8	Louise Tietze	DEN	4.068

9 Huma Nielsen, DEN 3.968, Henna Palosari, FIN DNF  
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	14.73	1.58	12.19	26.10	5.68	24.77	2:15.31
	878	712	674	788	753	378	888
	+0.6			+0.0	+1.6		
2	14.96	1.49	12.86	26.47	5.16	30.41	2:12.48
	847	610	718	757	603	484	929
	+0.5			-0.5	+2.1		
3	15.76	1.64	9.16	25.78	5.34	34.88	2:14.93
	744	783	475	817	654	569	894
	+0.5			+0.0	+3.2		
4	14.98	1.55	10.95	26.20	5.53	27.37	2:24.92
	844	678	592	780	709	427	758
	+0.6			+0.0	+1.6		
5	14.96	1.64	10.71	27.34	5.46	29.98	2:31.14
	847	783	576	684	688	476	679
	+0.6			+0.0	+1.7		
6	16.05	1.70	11.64	28.33	5.03	35.54	2:29.93
	708	855	637	605	567	582	694
	+0.5			-0.5	+2.9		
7	14.73	1.55	9.96	26.57	5.17	26.62	2:24.99
	878	678	527	748	606	413	757
	+0.6			-0.5	+1.8		
8	16.10	1.49	11.52	29.50	4.64	27.17	2:27.72
	702	610	629	518	464	423	722
	+0.5			-0.5	+0.4		
9	15.10	1.52	11.21	27.48	4.69	29.55	3:10.93
	828	644	609	672	477	468	270
	+0.5			-0.5	+0.9		
	14.66	1.58	11.31	26.73	5.70		
	887	712	616	734	759		
	+0.6			+0.0	+0.5		

## Nordic U20 Match & Championships

Porsvöllur, Akureyri, ISL 28-29 Aug

### Men

100 m	28 aug	+3,0
1 Odain Rose	SWE	10.67
2 Per Magnus Arjun Solli	NOR	10.69
3 David Sennung	SWE	10.75
4 Martin Forbergskog	NOR	10.92
5 Kasper Olsen	DEN	10.97
6 Ahmed Jumaa	FIN	10.99
7 Kolbeinn Höður Gunnarsson	ISL	11.14

200 m	29. aug	-1,3
1 Per Magnus Arjun Solli	NOR	21.57
2 Odain Rose	SWE	21.85
3 Patrik Andersson	SWE	22.21
4 Frans Kapilo	FIN	22.38
5 Kasper Olsen	DEN	22.39
6 Kolbeinn Höður Gunnarsson	ISL	23.46
7 Martin Forbergskog	NOR	23.67

<i>400 m</i>			
28 aug			
1	<b>Christoffer Envall</b>	<b>FIN</b>	<b>50.14</b>
2	<b>Axel Bergraham</b>	<b>SWE</b>	<b>50.31</b>
3	<b>Carl Emil Kåshagen</b>	<b>NOR</b>	<b>51.21</b>
4	Aki Henttonen	FIN	51.49
5	Andreas Roth	NOR	51.54
6	Nicolaj N. Jensen	DEN	52.36
7	Adam Þór Þorgeirsson	ISL	53.23

<i>800 m</i>			
29. aug			
1	<b>Thomas Roth</b>	<b>NOR</b>	<b>1:51.94</b>
2	<b>Rickard Gunnarsson</b>	<b>SWE</b>	<b>1:52.38</b>
3	<b>Thomas Solberg Eide</b>	<b>NOR</b>	<b>1:53.33</b>
4	Staffan Ek	SWE	1:54.18
5	Nick Jensen	DEN	1:57.37
6	Toni Lempinen	FIN	1:58.73
7	Snorri Stefánsson	ISL	2:02.22

<i>1500 m</i>			
28 aug			
1	<b>Thomas Solberg Eide</b>	<b>NOR</b>	<b>4:11.61</b>
2	<b>Nick Jensen</b>	<b>DEN</b>	<b>4:12.12</b>
3	<b>Albin Olausson</b>	<b>SWE</b>	<b>4:12.46</b>
4	Rickard Gunnarsson	SWE	4:13.75
5	Ferdinand Kvan Edman	NOR	4:14.94
6	Kalle Keskipoikela	FIN	4:17.97
7	Einar Ásgeir Ásgeirsson	ISL	4:41.21

<i>5000 m</i>			
28 aug			
1	<b>Staffan Ek</b>	<b>SWE</b>	<b>15:47.57</b>
2	<b>Ørjan Grønnevig</b>	<b>NOR</b>	<b>15:48.23</b>
3	<b>Oskari Pennanen</b>	<b>FIN</b>	<b>15:49.15</b>
4	Jonas Lurås Hammer	NOR	16_03.42
5	Jeppe Harboe	DEN	16:18.90
6	Tómas Zoëga Geirsson	ISL	16:23.87

<i>110 m hurdles</i>			
29. aug			-0.9
1	<b>Vladimir Vukicevic</b>	<b>NOR</b>	<b>14.05</b>
2	<b>Pasi Roslund</b>	<b>FIN</b>	<b>14.22</b>
3	<b>Anton Forsberg</b>	<b>SWE</b>	<b>14.54</b>
4	Jere Lehto	FIN	14.55
5	Örn Dúi Kristjánsson	ISL	16.07

<i>400 m hurdles</i>			
28 aug			
1	<b>Øyvind Strømmen Kjerpeset</b>	<b>NOR</b>	<b>54.06</b>
2	<b>Anton Forsberg</b>	<b>SWE</b>	<b>54.08</b>
3	<b>Fabian Rosenquist</b>	<b>SWE</b>	<b>54.29</b>
4	Nicolai Hartling	DEN	55.70
5	Miikka Laiho	FIN	55.81
6	Kjartan Løvoll	NOR	55.97
7	Örn Dúi Kristjánsson	ISL	59.77

<i>3000 m steeplechase</i>			
29. aug			
1	<b>Jonas Lurås Hammer</b>	<b>NOR</b>	<b>9:12.10</b>
2	<b>Jonas Legernes</b>	<b>SWE</b>	<b>9:12.51</b>
3	<b>Ferdinand Kvan Edman</b>	<b>NOR</b>	<b>9:22.11</b>
4	Thijs Nijhuis	DEN	9:41.65
5	Jimmy Finnholm	FIN	9:49.06
6	Tómas Zoëga Geirsson	ISL	10:13.22

<i>5000 m Walk</i>			
29. aug			
1	<b>Veli-Matti Partanen</b>	<b>FIN</b>	<b>22:23.04</b>
2	<b>Anders Hanson</b>	<b>SWE</b>	<b>23:11.79</b>
3	<b>Joakim Sælen</b>	<b>NOR</b>	<b>24:14.65</b>

<i>High jump</i>			
28 aug			
1	<b>Marcus Lundquist</b>	<b>SWE</b>	<b>2.05</b>

2	<b>Joonas Jokivartio</b>	<b>FIN</b>	<b>2.02</b>
3	<b>Frederik Thomsen</b>	<b>DEN</b>	<b>1.96</b>
4	Jens Christian Andenæs	NOR	1.96
5	Hreinn Heiðar Jóhannsson	ISL	1.93

Series	<u>1.83</u>	<u>1.88</u>	<u>1.93</u>	<u>1.96</u>	<u>1.99</u>	<u>2.02</u>	<u>2.05</u>	<u>2.08</u>
1		o	xo	o	o	o	xo	xxx
2		xo	o	o	xo	xo	xxx	
3	o	o	o	o	xxx			
4	o	o		xo	xxx			
5	o	o	o	xxx				

<i>Pole vault</i>			
29. aug			
1	<b>Henri Väyrynen</b>	<b>FIN</b>	<b>4.98</b>
2	<b>Joonas Jokivartio</b>	<b>FIN</b>	<b>4.88</b>
3	<b>Petter Olsson</b>	<b>SWE</b>	<b>4.48</b>
4	Andreas Rønning	DEN	4.48
5	Eirik Sollien	NOR	4.18
	Simon Gyllensten	SWE	NM
	Stefán Árni Hafsteinsson	ISL	NM

Series	<u>3.98</u>	<u>4.18</u>	<u>4.38</u>	<u>4.48</u>	<u>4.58</u>	<u>4.68</u>	<u>4.78</u>	<u>4.88</u>	<u>4.98</u>	<u>5.08</u>
1						o	o	o	xo	xxx
2				xo	o	o	o	o	xxx	
3				xo	xxx					
4		xo	xo	xxo	xxx					
5		o	xxx							
				xxx						
				xxx						

<i>Long jump</i>			
28 aug			
1	<b>Alexander Wittlock</b>	<b>SWE</b>	<b>7.40</b>
2	<b>Arttu Halmela</b>	<b>FIN</b>	<b>7.24</b>
3	<b>Petter Olsson</b>	<b>SWE</b>	<b>7.13</b>
4	Martin Roe	NOR	6.72
5	Alexander Hornshøj	DEN	6.66
6	Juan Ramon Borges Bosque	ISL	6.66

Series	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	7.40	7.34	X	X	7.37	X
	+2.0	+1.4			+1.8	
2	7.14	7.24	7.18	5.52	5.56	7.15
	+4.1	+3.0	+2.4	+2.4	+1.3	+1.9
3	6.67	7.13	6.71	X	6.71	6.65
	+2.3	+3.6	+4.0		+1.8	+3.4
4	6.55	6.68	6.39	6.66	6.72	X
	+3.4	+2.5	+2.9	+2.3	+1.7	
5	6.62	6.61	6.66	6.36	6.55	X
	+3.1	+5.0	+2.7	+2.8	+2.7	
6	6.34	6.54	6.66	6.34	X	5.72
	+2.3	+3.3	+3.7	+3.8		?

<i>Triple jump</i>			
29. aug			
1	<b>Christian Bøe Helland</b>	<b>NOR</b>	<b>15.27</b>
2	<b>Matthias Karlsson</b>	<b>SWE</b>	<b>14.90</b>
3	<b>Matti Mäkitalo</b>	<b>FIN</b>	<b>14.66</b>
4	Janick Klausen	DEN	13.55
5	Ívar Kristinn Jasonarson	ISL	13.14

Series	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	14.84	14.32	15.02	15.05	15.02	15.27
	+1.3	+1.0	+1.0	+1.0	+0.8	+0.1
2	14.90	14.86	14.67	X	14.77	14.54
	+1.9	+2.0	+1.3		+0.3	+0.8
3	14.66	14.54	14.13	14.17	14.20	14.54
	+1.1	+1.0	+2.2	+0.6	+1.2	+0.2
4	13.55	13.32	13.29	X	13.36	13.14
	+1.3	+1.3	+1.1		+0.2	+0.2
5	12.79	13.14	X	12.98	X	13.03
	+2.4	+2.0		+1.1		0.0

<i>Shot put</i>			
28 aug			
1	<b>Arwid Koskinen</b>	<b>SWE</b>	<b>18.00</b>
2	<b>Daniel Ståhl</b>	<b>SWE</b>	<b>17.48</b>
3	<b>Tuomas Martin</b>	<b>FIN</b>	<b>17.05</b>
4	Fredrik Simensen	NOR	16.16
5	Andreas Jørgensen	DEN	15.59
6	Börkur Sveinsson	ISL	14.14
7	Erik Fluge	NOR	13.49

Series	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	18.00	X	X	X	17.96	X

2	17.43	17.09	X	17.11	17.48	17.36
3	16.33	17.05	X	X	X	X
4	16.16	16.12	X	16.16	X	15.24
5	14.66	15.06	15.59	X	X	15.24
6	14.06	14.14	13.08	13.37	X	13.17
7	13.49	X	X	X	X	X

### Discus throw

					29. aug	
1	<b>Mikael Ljungberg</b>				<b>SWE</b>	<b>51.65</b>
2	<b>Erik Fluge</b>				<b>NOR</b>	<b>50.24</b>
3	<b>Daniel Ståhl</b>				<b>SWE</b>	<b>49.90</b>
4	Andreas Jørgensen				DEN	49.42
5	Antti Korhonen				FIN	49.22
	Hjal ti Geir Garðarsson				ISL	NM
	Fredrik Simensen				NOR	NM

Series	1	2	3	4	5	6
1	X	48.28	51.65	X	49.52	48.52
2	X	48.86	50.24	49.49	48.83	46.80
3	48.46	49.90	43.10	X	X	X
4	45.95	49.42	49.38	47.73	X	46.53
5	X	X	44.81	46.53	49.22	X
	X	X	X	X	X	X
	X	X	X	X	X	-

### Hammer throw

					28. aug	
1	<b>Mikko Koskiranta</b>				<b>FIN</b>	<b>63.80</b>
2	<b>Elias Håkansson</b>				<b>SWE</b>	<b>62.97</b>
3	<b>Kjetil Røste Ringen</b>				<b>NOR</b>	<b>62.02</b>
4	Juha Rinta-aho				FIN	60.65
5	Martin Roe				NOR	54.83
6	Søren Børsting				DEN	49.90
7	Dagur Fannar Magnússon				ISL	44.79

Series	1	2	3	4	5	6
1	58.23	63.80	X	X	59.30	63.79
2	60.70	62.97	X	X	60.63	61.29
3	58.60	X	X	57.92	62.02	58.81
4	56.45	58.22	60.65	60.04	16.87	X
5	X	54.83	X	X	54.21	X
6	46.23	X	49.90	47.57	X	X
7	42.22	X	44.79	39.67	X	41.93

### Javelin throw

					29. aug	
1	<b>Joel Karjalainen</b>				<b>FIN</b>	<b>69.15</b>
2	<b>Rainer Manninen</b>				<b>FIN</b>	<b>64.23</b>
3	<b>Petter Ormsettrø</b>				<b>NOR</b>	<b>62.34</b>
4	Martin Roe				NOR	58.53
5	David Johansson				SWE	58.00
6	Sindri Hrafn Guðmundsson				ISL	53.66
7	Martin Heegaard				DEN	48.35

Series	1	2	3	4	5	6
1	67.08	66.24	66.82	65.78	69.15	65.68
2	64.23	61.91	X	63.14	63.18	X
3	57.90	62.34	58.61	59.37	59.91	X
4	X	X	55.67	58.53	X	X
5	57.88	57.80	X	55.41	58.00	56.70
6	50.99	53.13	52.11	50.75	50.89	53.66
7	47.94	X	48.32	44.93	48.25	47.01

### 4x100 m relay

		28 aug	
1	<b>SWE</b>	<b>41.86</b>	(Filip Lööf, Odain Rose, Patrik Andersson, David Svennung)
2	<b>NOR</b>	<b>41.89</b>	(Per Magnus Solli, Vladimir Vukicevic, Kjartan Løvoll, Martin Forbergskog)
3	<b>FIN</b>	<b>42.58</b>	(Ahmed Jumaa, Ville-Pekka Kokko, Frans Kapilo, Pasi Roslund)
4	DEN	42.74	(Kasper Olsen, Christian L. Nielsen, Nicklas B. Møller, Kevin Motzkus)
5	ISL	43.86	(Ívar Kristinn Jasonasson, Kolbeinn Höður Gunnarsson, Daniel Agnarsson, Juan Ramon Borges Bosque)

### 4x400 m relay

		29. Aug	
1	<b>NOR</b>	<b>3:14.68</b>	(Carl Emil Kåshagen, Øyvind Strømme, Kjerpeset, Per Magnus Solli, Thomas Roth)
2	<b>SWE</b>	<b>3:15.18</b>	(Petter Olsson, Axel Bergrahm, Rickard Gunnarsson, Fabian Rosenquist)
3	<b>FIN</b>	<b>3:17.31</b>	(Aki Henttonen, Christoffer Wärn, Mikka Laiho, Christoffer Envall)

4	DEN	3:19.31	(Nicolaj N. Jensen, Nick Jensen, Nicolai Hartling, Martin Kristensen)
5	ISL	3:31.04	(Örn Dúi Kristjánsson, Ívar Kristinn Jasonarsson, Kolbeinn Höður Gunnarsson, Adam Þór Þorgeirsson)

Points Men	Nation	Day 1	Day 2	Total
	SWE	51	40	91
	NOR	38	49	87
	FIN	36	37	73
	DEN	25	19	44
	ISL	10	9	19

### Women

	<b>100 m</b>	28 aug	+1,9
1	<b>Hanna Wiss</b>	<b>FIN</b>	<b>12.01</b>
2	<b>Linnea Alstermark</b>	<b>SWE</b>	<b>12.05</b>
3	<b>Marte Jørgensen</b>	<b>NOR</b>	<b>12.10</b>
4	Caroline Sandsjoe	SWE	12.11
5	Jenni Jokinen	FIN	12.24
6	Rugiatu Kallon	DEN	12.35
7	Astrid Mangen Cedervist	NOR	12.48
8	Dóróthea Jóhannesdóttir	ISL	12.63

	<b>200 m</b>	29. aug	-0,2
1	<b>Stephanie Olsson</b>	<b>SWE</b>	<b>24.52</b>
2	<b>Elin Östlund</b>	<b>SWE</b>	<b>24.79</b>
3	<b>Maria Räsänen</b>	<b>FIN</b>	<b>24.86</b>
4	Ida Bakke Hansen	NOR	25.11
5	Arna Stefania Guðmundsdóttir	ISL	25.24
6	Astrid Mangen Cedervist	NOR	25.45
7	Louise Biede	DEN	25.58

	<b>400 m</b>	28 aug	
1	<b>Arna Stefania Guðmundsdóttir</b>	<b>ISL</b>	<b>56.46</b>
2	<b>Tara Marie Norum</b>	<b>NOR</b>	<b>57.20</b>
3	<b>Malin Lindblom</b>	<b>SWE</b>	<b>57.38</b>
4	Heidi Ann Bruknapp	NOR	58.45
5	Jeanine Nygård	FIN	58.81
6	Sara B. Svendsen	DEN	60.54

	<b>800 m</b>	28 aug	
1	<b>Zenitha Eriksson</b>	<b>FIN</b>	<b>2:19.17</b>
2	<b>Frida Thorsås</b>	<b>NOR</b>	<b>2:20.21</b>
3	<b>Caroline Högaard</b>	<b>SWE</b>	<b>2:20.92</b>
4	Björg Gunnarsdóttir	ISL	2:23.47
5	Dagmar Olsen	DEN	2:30.93

	<b>1500 m</b>	29. aug	
1	<b>Ingeborg Løvnes</b>	<b>NOR</b>	<b>4:34.80</b>
2	<b>Kristiina Mäki</b>	<b>FIN</b>	<b>4:36.28</b>
3	<b>Frida Berge</b>	<b>NOR</b>	<b>4:37.36</b>
4	Katrine Reinholdt	DEN	4:38.29
5	Elin Borglund	SWE	4:39.16
6	Louise Bichler	SWE	4:40.66
7	Anita Hinriksdóttir	ISL	4:46.35

	<b>3000 m</b>	28 aug	
1	<b>Ingeborg Løvnes</b>	<b>NOR</b>	<b>10:03.31</b>
2	<b>Elin Borglund</b>	<b>SWE</b>	<b>10:06.36</b>
3	<b>Ida Østerås</b>	<b>NOR</b>	<b>10:08.22</b>
4	Louise Bichler	SWE	10:12.05
5	Anita Hinriksdóttir	ISL	10:35.52
6	Mikaela Söderström	FIN	10:43.31
7	Karina Klok	DEN	11:07.26

	<b>100 m hurdles</b>	29. aug	-1,2
1	<b>Lotta Harala</b>	<b>FIN</b>	<b>14.45</b>

<b>2</b>	<b>Louise Biede</b>	<b>DEN</b>	<b>14.48</b>
<b>3</b>	<b>Kine Aaltvedt</b>	<b>NOR</b>	<b>14.59</b>
4	Marica Merkel-Johansson	SWE	14.68
5	María Rún Gunnlaugsdóttir	ISL	14.91

*400 m hurdles*

28 aug

<b>1</b>	<b>Stefanía Valdimarsdóttir</b>	<b>ISL</b>	<b>62.65</b>
<b>2</b>	<b>Vilde Svortevik</b>	<b>NOR</b>	<b>62.95</b>
<b>3</b>	<b>Sara Bley</b>	<b>SWE</b>	<b>63.01</b>
4	Maria Valtanen	FIN	65.32
5	Nanna Boholm	DEN	66.79

*2000 m steeplechase*

29. aug

<b>1</b>	<b>Caroline Högaard</b>	<b>SWE</b>	<b>6:54.79</b>
<b>2</b>	<b>Maria Borglund</b>	<b>SWE</b>	<b>6:58.23</b>
<b>3</b>	<b>Ida Østerås</b>	<b>NOR</b>	<b>7:00.56</b>
4	Sara Kuivisto	FIN	7:32.28
5	Helga Guðný Elíasdóttir	ISL	8:00.03
	Caroline Ta usen	DEN	DNF

*3000 m walk*

29. aug

<b>1</b>	<b>Elisa Neuvonen</b>	<b>FIN</b>	<b>15:33:37</b>
<b>2</b>	<b>Kristiane Rygg</b>	<b>NOR</b>	<b>15:53.74</b>
<b>3</b>	<b>Felicia Hogrell</b>	<b>SWE</b>	<b>16:34.94</b>
	Josefine Klausen	DEN	DQ

*High jump*

29. aug

<b>1</b>	<b>Katarina Mögenburg</b>	<b>NOR</b>	<b>1.75</b>
<b>2</b>	<b>Linn Gustavsson</b>	<b>SWE</b>	<b>1.75</b>
<b>3</b>	<b>Line Skriver</b>	<b>DEN</b>	<b>1.66</b>
4	Tilda Hämäläinen	FIN	1.66
5	Lisa Linell	SWE	1.63
6	Salbjörg Sævarsdóttir	ISL	1.53

Series	1.53	1.58	1.63	1.66	1.69	1.72	1.75	1.78
1			o	xo	o	o	o	xxx
2			o	o	o	o	xo	xxx
3		o	o	xxx	xxx			
4		o	xo	xxx	xxx			
5		o	o	xxx				
6	xxo	xxx						

*Pole vault*

28 aug

<b>1</b>	<b>Hulda Þorsteinsdóttir</b>	<b>ISL</b>	<b>3.88</b>
<b>2</b>	<b>Jatta Salmela</b>	<b>FIN</b>	<b>3.88</b>
<b>3</b>	<b>Sophie Jensen</b>	<b>SWE</b>	<b>3.68</b>
4	Line R. Jensen	DEN	3.58
5	Sara Eriksson	SWE	3.48
6	Paula Nedberge Llano	NOR	3.28
7	Marianna Ben serud	NOR	2.98

Series	2.78	2.98	3.18	3.28	3.38	3.48	3.58	3.68	3.78	3.88	3.98
1							o	xo	xo	xxx	
2							o	o	o	xxx	xxx
3				o	o	xo	o	xxx			
4				xo	o	o	xxx				
5					xxo	xxx					
6				xo	xxx						
7	o	o	xxx								

*Long jump*

29. aug

<b>1</b>	<b>Hanna Wiss</b>	<b>FIN</b>	<b>5.95</b>
<b>2</b>	<b>Sveinbjörg Zophoníasdóttir</b>	<b>ISL</b>	<b>5.76</b>
<b>3</b>	<b>Martina Salander</b>	<b>SWE</b>	<b>5.74</b>
4	Martha Traoré	DEN	5.62
5	Benedicte Isabell Abraham sen	NOR	5.54
6	Josephine Rohr	SWE	5.52
7	Katarina Mögenburg	NOR	5.47

Series	1	2	3	4	5	6
1	5.95	X	4.55	X	5.73	-
	0,0		0,0		0,0	
2	5.48	5.76	5.63	5.62	5.73	5.63
	+0,1	+1,7	-0,7	+0,5	0,0	+0,3
3	5.73	X	5.74	5.56	5.67	5.69

	+0,5		0,0	+1,5	0,0	+0,9
4	5.62	5.23	5.52	5.60	5.43	5.49
	+0,2	-0,2	0,0	+1,0	0,0	+1,0
5	3.57	X	5.54	4.96	X	5.52
	+0,7		+0,3	+0,2		+0,6
6	5.46	5.51	5.45	5.52	5.35	5.21
	+0,5	0,0	0,0	0,0	+0,5	0,0
7	4.88	5.15	5.47	5.42	5.22	5.39
	-0,1	+0,3	0,0	+0,3	+0,6	0,0

*Triple jump*

28 aug

<b>1</b>	<b>Ria Ahonen</b>	<b>FIN</b>	<b>12.69</b>
<b>2</b>	<b>Kine Aaltvedt</b>	<b>NOR</b>	<b>12.16</b>
<b>3</b>	<b>Jasmine Sabir</b>	<b>SWE</b>	<b>12.05</b>
4	Chia maka Okparaebo	NOR	11.91
5	Josephine Rohr	SWE	11.89
6	Laetitia Kim Bruun	DEN	11.52
7	Ingunn Ýr Agantýsdóttir	ISL	10.12

Series	1	2	3	4	5	6
1	X	12.69	X	12.18	X	12.46
		+4,6		+2,6		+3,3
2	12.11	12.16	11.59	X	X	X
	+3,8	+2,0	+1,9			
3	12.04	12.05	11.81	11.35	X	11.74
	+2,7	+3,6	+3,6	+4,3		+1,7
4	11.91	11.86	11.52	11.69	X	11.64
	+3,1	+2,1	+3,0	+4,5		+2,5
5	X	11.89	11.55	11.83	-	-
		+4,8	+2,6	+3,2		
6	11.52	X	11.25	11.21	11.34	11.39
	+4,7		+2,7	+2,3	+5,2	+1,8
7	X	10.12	X	X	X	-
		+4,2				

*Shot put*

29. aug

<b>1</b>	<b>Katja Kantanen</b>	<b>FIN</b>	<b>13.68</b>
<b>2</b>	<b>Martina Salander</b>	<b>SWE</b>	<b>12.28</b>
<b>3</b>	<b>Nina Otto</b>	<b>DEN</b>	<b>12.67</b>
4	Katri ne Haarklau	NOR	12.47
5	Julia Viberg	SWE	11.92
6	Mona Ekroll Jaidi	NOR	11.82
7	Salbjörg Sævarsdóttir	ISL	10.63

Series	1	2	3	4	5	6
1	13.22	13.68	13.60	13.39	13.37	13.38
2	12.51	12.53	13.28	12.76	X	-
3	12.18	12.43	11.50	12.67	X	12.02
4	X	12.26	12.47	12.15	12.37	12.07
5	10.75	11.68	11.49	11.92	X	X
6	10.40	9.68	10.96	11.22	11.82	X
7	9.52	X	10.28	10.11	X	10.63

*Discus throw*

28 aug

<b>1</b>	<b>Hanna Rintamäki</b>	<b>FIN</b>	<b>44.77</b>
<b>2</b>	<b>Solveig Fredriksen</b>	<b>NOR</b>	<b>44.71</b>
<b>3</b>	<b>Katherine Bebe</b>	<b>DEN</b>	<b>41.80</b>
4	Mona Ekroll Jaidi	NOR	41.33
5	Julia Viberg	SWE	40.99
6	Ida Storm	SWE	39.24
7	Agnes Eva Þóra rnsdóttir	ISL	28.59

Series	1	2	3	4	5	6
1	43.93	43.92	44.77	40.55	44.69	43.00
2	X	34.09	X	44.71	X	X
3	39.60	38.37	41.80	41.56	41.69	X
4	X	36.53	38.18	41.33	X	X
5	40.99	X	X	X	X	X
6	X	35.53	39.24	X	X	37.06
7	X	26.10	X	X	28.59	X

*Hammer throw*

29. aug

<b>1</b>	<b>Katja Vangsnes</b>	<b>NOR</b>	<b>59.09</b>
<b>2</b>	<b>Jenni Penttila</b>	<b>FIN</b>	<b>58.62</b>
<b>3</b>	<b>Malin Johansson</b>	<b>SWE</b>	<b>56.06</b>
4	Elina Uustalo	FIN	55.07
5	Ida Storm	SWE	53.59
6	María Ósk Felixdóttir	ISL	48.96
7	Heidi T. Hansen	DEN	46.80
	Solveig Fredriksen	NOR	NM

Series	1	2	3	4	5	6
1	54.04	59.09	X	57.55	55.64	57.79
2	58.62	57.79	57.93	X	58.34	58.06
3	X	54.56	55.29	55.84	56.06	X
4	X	55.07	X	53.71	54.70	X
5	50.99	52.68	X	X	53.59	X
6	46.17	48.69	X	X	46.20	48.96
7	X	45.89	X	46.13	45.42	46.80
8	X	X	X	X	X	X

**Javelin throw** 28 aug

1	<b>Emelie Larsson</b>	<b>SWE</b>	<b>49.03</b>
2	<b>Mona Ekroll Jaidi</b>	<b>NOR</b>	<b>48.41</b>
3	<b>Piia Pyykkinen</b>	<b>FIN</b>	<b>46.80</b>
4	<b>Nina Otto</b>	<b>DEN</b>	<b>44.60</b>
5	<b>Katrine Haarklau</b>	<b>NOR</b>	<b>42.12</b>
6	<b>Hekla Ámundadóttir</b>	<b>ISL</b>	<b>37.04</b>

Series	1	2	3	4	5	6
1	39.99	49.03	46.18	X	47.71	47.57
2	48.41	45.49	X	44.39	45.31	X
3	44.65	45.51	46.22	46.80	X	X
4	43.27	41.29	44.60	44.47	39.80	X
5	42.12	X	X	40.75	37.89	40.12
6	X	34.94	X	X	X	37.04

**4x100 m relay** 28 aug

1	<b>FIN</b>	<b>47.39</b>	(Jenni Jokinen, Hanna Wiss, Lotta Harala, Maria Räsänen)
2	<b>SWE</b>	<b>47.64</b>	(Caroline Sandsjö, Stephanie Olsson, Elin Östlund, Linnea Alstermark)
3	<b>NOR</b>	<b>47.74</b>	(Marte Jørgensen, Ida Bakke Hansen, Kine Aaltvedt, Astrid Mangen Cederkvist)
4	<b>ISL</b>	<b>48.73</b>	(Stefanía Valdimarsdóttir, Dórothea Johannesdóttir, Arna Stefania Guðmundsdóttir, Sveinbjörg Zophoníasdóttir)
5	<b>DEN</b>	<b>48.90</b>	(Rugiatu Kallon, Louise Biede, May Zerzut, Martha Traoré)

**4x400 m relay** 29. Aug

1	<b>NOR</b>	<b>3:44.62</b>	(Tara Marie Norum, Vilde Svortevik, Heidi Ann Bruknapp, Julie B. Falkanger)
2	<b>FIN</b>	<b>3:45.05</b>	(Jonna Skrivfars, Jeanine Nygård, Hanna Wiss, Zenitha Eriksson)
3	<b>SWE</b>	<b>3:47.40</b>	(Caroline Högaard, Sara Bley, Elin Östlund, Malin Lindblom)
4	<b>ISL</b>	<b>3:48.23</b>	(Stefanía Valdimarsdóttir, Björg Gunnarsdóttir, Arna Stefania Guðmundsdóttir, Dórothea Johannesdóttir)
5	<b>DEN</b>	<b>4:00.70</b>	(Dagmar Olsen, Sara B. Svendsen, Nanna Boholm, Karina Klok)

Points Women	Nation	Day 1	Day 2	Total
	FIN	43	45	88
	NOR	37	41	78
	SWE	35	36	71
	ISL	29	16	45
	DEN	16	19	35

## 29<sup>th</sup> Nordic Race Walking Championships

Tuusula, FIN 4 Sep

### Men

**Senior** 4 Sep 20.000m

1	<b>Antti Kempas</b>	<b>FIN</b>	<b>1:29:34.03</b>
2	<b>Timo Viljanen</b>	<b>FIN</b>	<b>1:34:27.53</b>
3	<b>Christer Svensson</b>	<b>SWE</b>	<b>1:35:39.99</b>
	Ato Ibañez	<b>SWE</b>	<b>DQ</b>
	Andreas Gustafsson	<b>SWE</b>	<b>DQ</b>

Extra: Trevor Barron, USA 1:23:49.39

**U23** 4 Sep 20.000m

1	<b>Andreas W. Nielsen</b>	<b>DEN</b>	<b>1:37:43.18</b>
	Håvard Haukenes	<b>NOR</b>	<b>DNF</b>

**U20** 4 Sep 10.000m

1	<b>Veli-Matti Partanen</b>	<b>FIN</b>	<b>43:46.03</b>
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2	<b>Aleksi Ojala</b>	<b>FIN</b>	<b>44:40.96</b>
3	<b>Eemeli Kiiski</b>	<b>FIN</b>	<b>45:35.29</b>
4	<b>Syver Morvik</b>	<b>NOR</b>	<b>51:52.22</b>
5	<b>Anders Hansson</b>	<b>SWE</b>	<b>56:44.20</b>

**U18** 4 Sep 5.000m

1	<b>Joakim Sælen</b>	<b>NOR</b>	<b>23:24.00</b>
2	<b>Sindre Ølness</b>	<b>NOR</b>	<b>23:46.53</b>
3	<b>Fredrik Sandmer</b>	<b>SWE</b>	<b>23:58.74</b>
4	<b>Juuso Joukas</b>	<b>FIN</b>	<b>24:20.42</b>
5	<b>Elmo Koivunen</b>	<b>FIN</b>	<b>25:10.77</b>
6	<b>Anton Nicklasson</b>	<b>SWE</b>	<b>26:48.73</b>

### Women

**Senior** 4 sep 10.000m

1	<b>Mari Olsson</b>	<b>SWE</b>	<b>48:39.78</b>
2	<b>Anne Halkivaha</b>	<b>FIN</b>	<b>49:40.11</b>
3	<b>Marika Peltoniemi</b>	<b>FIN</b>	<b>53:10.59</b>
4	<b>Ellinor Hogrell</b>	<b>SWE</b>	<b>55:33.76</b>
5	<b>Hanne Liland</b>	<b>NOR</b>	<b>55:39.39</b>

**U23** 4 sep 10.000m

1	<b>Saara Mondillo</b>	<b>FIN</b>	<b>55:11.80</b>
2	<b>Jenni Halkivaha</b>	<b>FIN</b>	<b>56:26.94</b>

**U20** 4 sep 5.000m

1	<b>Josefine Klausen</b>	<b>DEN</b>	<b>25:22.90</b>
2	<b>Sanna Mäenpää</b>	<b>FIN</b>	<b>26:52.20</b>
3	<b>Elisa Neuvonen</b>	<b>FIN</b>	<b>27:12.51</b>
4	<b>Helena Sandmer</b>	<b>SWE</b>	<b>29:31.87</b>

**U18** 4 sep 5.000m

1	<b>Camilla Richardsson</b>	<b>SWE</b>	<b>25:12.10</b>
2	<b>Annika Norrman</b>	<b>SWE</b>	<b>26:32.50</b>
3	<b>Kristiane Rygg</b>	<b>NOR</b>	<b>27:33.11</b>
4	<b>Felicia Hogrell</b>	<b>SWE</b>	<b>27:51.53</b>
5	<b>Maria Aydin</b>	<b>SWE</b>	<b>31:12.32</b>

Points	Nation
	FIN 99
	SWE 64
	NOR 32
	DEN 18

## 5<sup>th</sup> Nordic U23 Championships

Söderhamn, SWE 4.-5. Sep

### Men

**100 m** -1,7/-0,9

**Heat**

1	2	Nation	Time
1	1	<b>Tom Kling-Baptiste</b>	<b>SWE 10.76</b>
2	2	<b>Oscar Åberg</b>	<b>SWE 10.82</b>
3	3	<b>Philip Bjørnå Berntsen</b>	<b>NOR 10.98</b>
4	4	<b>Richard Pulst</b>	<b>EST 10.99</b>
5	1	<b>Alexander Karlsson</b>	<b>NOR 11.09</b>
6	5	<b>Ruslanas Fakejevas</b>	<b>LTU 11.12</b>
7	6	<b>Peter Efe Osazuwa</b>	<b>NOR 11.13</b>
8	7	<b>Steven Kwasi-Korang</b>	<b>DEN 11.17</b>
9	2	<b>Jukka-Joonas Makkonen</b>	<b>FIN 11.20</b>
10	3	<b>Eero Haapala</b>	<b>FIN 11.23</b>
11	4	<b>Jarle Hollund</b>	<b>NOR 11.27</b>
12	8	<b>Martas Skrabulis</b>	<b>LTU 11.27</b>
13	5	<b>Mike Kalisz</b>	<b>DEN 11.49</b>
	X	<b>Ville Myllimäki</b>	<b>FIN DQ:R162.7</b>

<b>200 m</b>		0,0/-0,5	
<b>Heat</b>			
<b>1</b>	<b>2</b>		
1	1	<b>Alexander Nordqvist</b>	<b>SWE 21.35</b>
2	2	<b>Asko Anipai</b>	<b>EST 21.99</b>
3	3	<b>Richard Pulst</b>	<b>EST 22.03</b>
4	1	Ruslanas Fakejevas	LTU 22.11
5	2	Ville Myllimäki	FIN 22.14
6	4	Tom Kling-Baptiste	SWE 22.16
7	3	Jukka-Joonas Makkonen	FIN 22.38
8	5	Peter Efe Osazuwa	NOR 22.49
X		Philip Bjørnå Berntsen	NOR DNS
X		Alexander Karlsson	NOR DNS

<b>400 m</b>			
<b>Heat</b>			
<b>1</b>	<b>2</b>		
1	1	<b>Nick Ekelund-Arenander</b>	<b>DEN 47.76</b>
2	2	<b>Santeri Tukia</b>	<b>FIN 48.20</b>
3	3	<b>Martin Loftås Kästad</b>	<b>NOR 49.15</b>
4	1	Jim Christensson	SWE 49.35
5	2	Joel Kuivaniemi	FIN 49.67
6	4	Jonas Andre Grønhaug	NOR 49.72
7	3	Johan Svensson	SWE 53.47

<b>800 m</b>			
<b>1</b>	<b>Karim Mohammadi</b>	<b>SWE</b>	<b>1:49.99</b>
<b>2</b>	<b>Johan Svensson</b>	<b>SWE</b>	<b>1:50.51</b>
<b>3</b>	<b>Tuomo Salonen</b>	<b>FIN</b>	<b>1:50.88</b>
4	Petra Gliebus	LTU	1:51.41
5	Hans Kristian Fløystad	NOR	1:51.93
6	Rasmus Terp	DEN	1:52.06
7	Vidar Dahle	NOR	1:52.26
8	Panu Jantunen	FIN	1:52.36
9	Bjartmar Örnuson	ISL	1:53.94
10	Juozas Gliebus	LTU	1:55.22

<b>1500 m</b>			
<b>1</b>	<b>Hans Kristian Fløystad</b>	<b>NOR</b>	<b>3:49.39</b>
<b>2</b>	<b>Miro Laurila</b>	<b>FIN</b>	<b>3:50.11</b>
<b>3</b>	<b>Tobias Ekhamre</b>	<b>SWE</b>	<b>3:50.72</b>
4	Petras Gliebus	LTU	3:50.79
5	Joonas Lehtinen	FIN	3:51.29
6	Martin Nilson	SWE	3:51.31
7	Tuomo Salonen	FIN	3:52.83
8	Audun Nordtveit	NOR	3:59.62
9	Vidar Dahle	NOR	4:05.33

<b>5000 m</b>			
<b>1</b>	<b>Mikael Ekwall</b>	<b>SWE</b>	<b>14:16.86</b>
<b>2</b>	<b>Lars Nesbø Bakke</b>	<b>NOR</b>	<b>14:24.16</b>
<b>3</b>	<b>Audun Nordtveit</b>	<b>NOR</b>	<b>14:28.64</b>
4	Johan Hydén	SWE	14:43.26
5	Pekka Toivola	FIN	14:54.69
6	Tapani Kärjä	FIN	15:36.87

<b>110 m hurdles</b>		-0,9	
<b>1</b>	<b>Vladimir Vukicevic</b>	<b>NOR</b>	<b>14.29</b>
<b>2</b>	<b>Andreas Martinsen</b>	<b>DEN</b>	<b>14.60</b>
<b>3</b>	<b>Joona-Ville Heinä</b>	<b>FIN</b>	<b>14.63</b>
4	Marwin Tay	SWE	14.65
5	Amir Shaker	SWE	14.71
6	Tero Sarkala	FIN	16.67

<b>400 m hurdles</b>			
<b>1</b>	<b>Rasmus Mägi</b>	<b>EST</b>	<b>52.97</b>

<b>2</b>	<b>Anders Erlend Idäs</b>	<b>NOR</b>	<b>53.63</b>
<b>3</b>	<b>Jonathan Carbe</b>	<b>SWE</b>	<b>54.93</b>
4	Jim Christensson	SWE	55.57
5	Juho Launto	FIN	56.09

<b>3000 m steeplechase</b>			
<b>1</b>	<b>Eric Senorski</b>	<b>SWE</b>	<b>8:45.39</b>
<b>2</b>	<b>Andreas Åhwall</b>	<b>SWE</b>	<b>9:06.07</b>
<b>3</b>	<b>Tom Erling Kårbø</b>	<b>NOR</b>	<b>9:11.23</b>
4	Aleksi Ikonen	FIN	9:12.94
5	Johannes Brunila	FIN	10:10.63

<b>High jump</b>			
<b>1</b>	<b>Kristoffer Nilsen</b>	<b>NOR</b>	<b>2.13</b>
<b>2</b>	<b>Rimantas Melinis</b>	<b>LTU</b>	<b>2.10</b>
<b>3</b>	<b>Henri Vitikainen</b>	<b>FIN</b>	<b>2.03</b>
4	Philip Frifelt Lundqvist	SWE	1.99
4	Jakob Thorvaldsson	SWE	1.99
6	Jarkko Parkkonen	FIN	1.93
6	Marius Eriksrud	NOR	1.93

<b>Pole vault</b>			
<b>1</b>	<b>Rasmus W. Jørgensen</b>	<b>DEN</b>	<b>5.21</b>
<b>2</b>	<b>Akseli Välimäki</b>	<b>FIN</b>	<b>4.93</b>
<b>3</b>	<b>Mikkel M. Nielsen</b>	<b>DEN</b>	<b>4.93</b>
4	Perttu Korhonen	FIN	4.81
5	Robert Warensjö	SWE	4.81
6	Erik Thorstensson	SWE	4.69
	Martin Stensvig	DEN	NM
	Pauls Pjats	LAT	DNS

<b>Long jump</b>			
<b>1</b>	<b>Roni Ollikainen</b>	<b>FIN</b>	<b>7.78</b> -0,3
<b>2</b>	<b>Þorsteinn Ingvarsson</b>	<b>ISL</b>	<b>7.52</b> +0,3
<b>3</b>	<b>Darius Aucyna</b>	<b>LTU</b>	<b>7.48</b> +0,8
4	Eero Haapala	FIN	7.41 +1,1
5	Björn Wilson	SWE	7.40 +1,3
6	Patrik Holmberg	SWE	7.37 +1,1
7	Jonas Mögenburg	NOR	7.18 +0,4

<b>Triple jump</b>			
<b>1</b>	<b>Mikko Kivinen</b>	<b>FIN</b>	<b>16.10</b> -0,3
<b>2</b>	<b>Darius Aucyna</b>	<b>LTU</b>	<b>15.81</b> +1,2
<b>3</b>	<b>Peder P. Nielsen</b>	<b>DEN</b>	<b>15.37</b> -0,3
4	Daniel Lennartsson	SWE	15.25 -0,6
5	Moteba Mohamed	SWE	15.05 -0,9
6	Tomi Litendahl	FIN	14.98 +1,6

<b>Shot put</b>			
<b>1</b>	<b>Henri Pakisjärvi</b>	<b>FIN</b>	<b>17.56</b>
<b>2</b>	<b>Arturas Gurklys</b>	<b>LTU</b>	<b>17.42</b>
<b>3</b>	<b>Simon Gustafsson</b>	<b>SWE</b>	<b>17.35</b>
4	Kenneth Mertz	DEN	17.27
5	Tomas Söderlund	FIN	16.87
6	Stian Andersen	NOR	16.77
7	Joni Mattila	FIN	16.51
8	Anders Lundell	SWE	15.39

<b>Discus throw</b>			
<b>1</b>	<b>Andrius Gudzius</b>	<b>LTU</b>	<b>58.92</b>
<b>2</b>	<b>Ulf Ankarling</b>	<b>SWE</b>	<b>56.22</b>
<b>3</b>	<b>Priidu Niit</b>	<b>EST</b>	<b>55.40</b>
4	Magnus R. Berntsen	NOR	54.57
5	Johnny Karlsson	SWE	54.05
6	Joni Mattila	FIN	53.84

7	Martin Kupper	EST	52.63
8	Pyry Niskala	FIN	52.16
9 Ville Kivioja, FIN 50.53, 10 Stian Andersen, NOR 48.16, Eivind Henriksen, NOR NM, Meigo Tammsaar, EST DNS, Ingi Guðni Gardarsson, ISL DNS			

*Hammer throw*

1	<b>Eivind Henriksen</b>	<b>NOR</b>	<b>70.80</b>
2	<b>Arno Laitinen</b>	<b>FIN</b>	<b>67.34</b>
3	<b>Kai Räsänen</b>	<b>FIN</b>	<b>63.44</b>
4	Karl-Erik Ludvigsson	SWE	62.83
5	Martin Lehemets	EST	60.95
6	Kristian Nyman	SWE	56.79

*Javelin throw*

1	<b>Kim Amb</b>	<b>SWE</b>	<b>77.37</b>
2	<b>Ansis Bruns</b>	<b>LAT</b>	<b>76.14</b>
3	<b>Joonas Verronen</b>	<b>FIN</b>	<b>75.12</b>
4	Sampo Lehtola	FIN	72.72
5	Erki Leppvik	EST	70.92
6	Lassi Etelätalo	FIN	69.48
7	Tanel Laanmäe	EST	65.99
8	Magnus Kirt	EST	65.01

9 Inge Tansø, NOR 64.48, 10 Pontus Bjärkvik, SWE 63.30, 11 Örn Davíðsson, ISL 62.55, 12 Guðmundur Sverrisson, ISL 60.89

*4x100 m relay*

1	<b>SWE</b>	<b>40.73</b>	(Tom Kling-Baptiste, Alexander Nordkvist, Oskar Åberg, Marvin Tay)
2	<b>DEN</b>	<b>41.39</b>	(Mike Kalisz, Andreas Martinsen, Steven Kwasi Korang, Peder P. Nielsen)
3	<b>NOR</b>	<b>41.80</b>	(Vladimir Vukicevic, Philip Bjørnå Berntsen, Peter Efe Osazuwa, Jarle Hollund)
4	LTU	42.29	(Darius Aucyna, Ruslanas Fakejevas, Rimantas Melinis, Martas Skrabulis)
	FIN	DNF	(Ville Myllymäki, Jukka-Jonnas Makkonen, Hannu Ali-Huokuna, Eero Haapala)

*4x400 m relay*

1	<b>SWE</b>	<b>3:13.79</b>	(Karim Mohammadi, Jonathan Carbe, Jim Christensson, Alexander Nordqvist)
2	<b>NOR</b>	<b>3:14.90</b>	(Anders Erlend Idås, Vidar Dahle, Jonas Andre Grønhaug, Martin Loftås Kåstad)
3	<b>FIN</b>	<b>3:17.89</b>	(Juha Launto, Panu Jantunen, Joel Juivaniemi, Senteri Tukia)
	DEN	DQ:R163.3	(Steven Kwasi Kurong, Rasmus Terp, Anders Martinsen, Nick Ekelund-Arenander)

**Women**

*100 m* +0,3/-0,5

<i>Heat</i>			
1	2		
1	1	<b>Elin Backman</b>	<b>SWE</b> <b>12.06</b>
2	2	<b>Grit Sadeiko</b>	<b>EST</b> <b>12.13</b>
3	3	<b>Jasmin Showlah</b>	<b>FIN</b> <b>12.16</b>
4	4	Anna Olsson	DEN 12.17
5	5	Noora Hämäläinen	FIN 12.18
6	1	Petra Larsson	SWE 12.27
7	6	Tiina Leppäkoski	FIN 12.39
8	2	Anne Skudal Dolvik	NOR 12.53

Extra heat 1: Jenna Jokela, FIN 12.01

*200 m* +1,1

1	<b>Elin Bakman</b>	<b>SWE</b>	<b>24.00</b>
2	<b>Moa Hjelm</b>	<b>SWE</b>	<b>24.47</b>
3	<b>Anna Olsson</b>	<b>DEN</b>	<b>24.57</b>
4	Anna Skudal Dolvik	NOR	25.03

*400 m*

*Heat*

1	2		
1	1	<b>Benedicte Hauge</b>	<b>NOR</b> <b>54.60</b>
2	2	<b>Josefin Magnusson</b>	<b>SWE</b> <b>55.03</b>
3	3	<b>Line Kloster</b>	<b>NOR</b> <b>55.15</b>
4	4	Agne Orlauskaite	LTU 55.78
5	1	Randi Kjerstad	NOR 56.02
6	5	Lotta Lindsén	SWE 56.02
7	2	Nelli Toivo	FIN 56.61
8	3	Andrea Gaugerud Høy	NOR 57.52

*800 m*

1	<b>Heidi Marttinen</b>	<b>FIN</b>	<b>2:10.08</b>
2	<b>Benedicte Hauge</b>	<b>NOR</b>	<b>2:10.12</b>
3	<b>Kaisa Tyni</b>	<b>FIN</b>	<b>2:10.49</b>
4	Lotta Lindsén	SWE	2:14.35
5	Jessica Lundmark	SWE	2:15.30

*1500 m*

1	<b>Sandra Eriksson</b>	<b>FIN</b>	<b>4:21.80</b>
2	<b>Kaisa Tyni</b>	<b>FIN</b>	<b>4:29.28</b>
3	<b>Runa Skrove Falch</b>	<b>NOR</b>	<b>4:30.31</b>
4	Heidi Marttinen	FIN	4:31.84
5	Lena Örn	SWE	4:32.42
6	Elina Johansson	SWE	4:34.30
	Kristin Brøndbo	NOR	DNF

*5000 m*

1	<b>Sandra Eriksson</b>	<b>FIN</b>	<b>16:20.61</b>
2	<b>Vaida Zusinaite</b>	<b>LTU</b>	<b>16:39.77</b>
3	<b>Runa Skrove Falch</b>	<b>NOR</b>	<b>16:53.40</b>
4	Nina Chydenius	FIN	17:08.87
5	Maria Sandström	SWE	17:28.67
6	Laura Suur	EST	17:37.68
7	Sanni Klemelä	FIN	17:58.10
	Elina Johansson	SWE	DNF

*100 m hurdles*

			-1,1
1	<b>Ida Aidenpää</b>	<b>FIN</b>	<b>13.95</b>
2	<b>Grit Sadeiko</b>	<b>EST</b>	<b>14.12</b>
3	<b>Laura Ahola</b>	<b>FIN</b>	<b>14.28</b>
4	Tale Ørving	NOR	14.36
5	Ellen Säaw	SWE	14.69

*400 m hurdles*

<i>Heat</i>			
1	2		
1	1	<b>Frida Persson</b>	<b>SWE</b> <b>59.00</b>
2	2	<b>Emilia Granqvist</b>	<b>SWE</b> <b>59.13</b>
3	3	<b>Emma Millard</b>	<b>FIN</b> <b>59.19</b>
4	4	Anniina Laitinen	FIN 61.06
5	5	Noora Toivo	FIN 62.55
6	1	Rachel Nordtømme	NOR 63.37
	X	Benedicte Hauge	NOR DNF
	X	Fjólga Signý Hannesdóttir	ISL DNF

*3000 m steeplechase*

1	<b>Simone Glad</b>	<b>DEN</b>	<b>11.12.85</b>
	Kristin Brøndbo	NOR	DNF

*High jump*

1	<b>My Nordström</b>	<b>SWE</b>	<b>1.79</b>
2	<b>Grete Udras</b>	<b>EST</b>	<b>1.76</b>
3	<b>Sofie Skoog</b>	<b>SWE</b>	<b>1.72</b>

4	Maiju Mattila	FIN	1.72
5	Laura Rantanen	FIN	1.68
6	Elina Smolander	FIN	1.68
7	Fjólá Signý Hannesdóttir	ISL	1.62
<i>Pole vault</i>			
1	<b>Minna Nikkanen</b>	<b>FIN</b>	<b>4.19</b>
2	<b>Malin Dahlström</b>	<b>SWE</b>	<b>4.13</b>
3	<b>Caroline Bonde Holm</b>	<b>DEN</b>	<b>4.13</b>
4	Vanessa Vandy	FIN	3.91
5	Fanny Berglund	SWE	3.79
6	Iben Høgh-Pedersen	DEN	3.67
	Vitalija Dejeva	LTU	NM
<i>Long jump</i>			
1	<b>Reeta Parkkonen</b>	<b>FIN</b>	<b>5.95</b> -0,2
2	<b>Sofia Sadeharju</b>	<b>FIN</b>	<b>5.95</b> -0,8
3	<b>Oda Utsi Onstad</b>	<b>NOR</b>	<b>5.93</b> -0,6
4	Jasmine Andersson	SWE	5.90 +0,3
5	Linda Bergh	SWE	5.87 +0,7
6	Malin Fransson	NOR	5.64 -0,4
<i>Triple jump</i>			
1	<b>Inger Anne Frøysedal</b>	<b>NOR</b>	<b>13.11</b> -0,7
2	<b>Merilyn Uudmäe</b>	<b>EST</b>	<b>12.77</b> +0,3
3	<b>Oda Utsi Onstad</b>	<b>NOR</b>	<b>12.75</b> -0,3
4	Essi Lindgren	FIN	12.56 +0,4
5	Jolanta Verseckaite	LTU	12.55 -0,3
6	Sofie Lindesten	SWE	12.54 +0,3
7	Sanna Nygård	FIN	12.51 -0,3
8	Jasmine Andersson	SWE	12-32 +0,3
<i>Shot put</i>			
1	<b>Katri Hirvonen</b>	<b>FIN</b>	<b>14.19</b>
2	<b>Trine Mulbjerg</b>	<b>DEN</b>	<b>14.17</b>
3	<b>Frida Åkerström</b>	<b>SWE</b>	<b>13.71</b>
4	Jenny-Lee Angbah	SWE	13.06
5	Elina Mattila	FIN	12.62
6	Trude Raad	NOR	12.32
<i>Discus throw</i>			
1	<b>Sofia Larsson</b>	<b>SWE</b>	<b>55.06</b>
2	<b>Elina Mattila</b>	<b>FIN</b>	<b>50.93</b>
3	<b>Katri Hirvonen</b>	<b>FIN</b>	<b>48.84</b>
4	Trude Raad	NOR	43.82
5	Kätlin Töllasson	EST	42.47
6	Frida Åkerström	SWE	42.03
7	Kirke Kirt	EST	41.36
<i>Hammer throw</i>			
1	<b>Trude Raad</b>	<b>NOR</b>	<b>60.94</b>
2	<b>Johanna Salmela</b>	<b>FIN</b>	<b>58.37</b>
3	<b>Johanna Rydberg</b>	<b>SWE</b>	<b>56,26</b>
4	Jonna Miettinen	FIN	55.63
5	Mari Strange Øya	NOR	52.23
6	Petra Öberg	SWE	51.19
<i>Javelin throw</i>			
1	<b>Jelene Jaakola</b>	<b>FIN</b>	<b>53.36</b>
2	<b>Raine Kuningas</b>	<b>EST</b>	<b>53.28</b>
3	<b>Liina Laasma</b>	<b>EST</b>	<b>51.64</b>
4	Anna Wessman	SWE	51.05
5	Elisabeth Höglund	SWE	50.32
6	Anni Taponen	FIN	50.13
7	Ina Cathrin Kartum	NOR	47.15

8	Triin Lait	EST	45.95
<i>4x100 m relay</i>			
1	<b>FIN</b>	<b>45.82</b>	(Jasmin Shovlah, Noora Hämäläinen, Tiina Leppäkoski, Jenna Jokela)
2	<b>SWE</b>	<b>46.18</b>	(Ellen Sääv, Petra Larsson, Elin Backman, Moa Hjelmer)
3	<b>NOR</b>	<b>47.60</b>	(Malin Fransson, Tale Ørving, Anne Skudal Dolvik, Line Kloster)
<i>4x400 m relay</i>			
1	<b>SWE</b>	<b>3:40.29</b>	(Josefin Magnusson, Lotta Lidsén, Emilia Granqvist, Frida Persson)
2	<b>NOR</b>	<b>3:42.40</b>	(Line Kloster, Andrea Gaukerud Høye, Randi Kjerstad, Benedicte Hauge)
3	<b>FIN</b>	<b>3:42.49</b>	(Nelli Toivo, Anniina Laitinen, Noora Toivo, Emma Millard)

## 26<sup>th</sup> Nordic Race Walking Championships

Bergen, NOR 25 Sep

### Men

<i>Senior</i>		25 Sep	50 km
1	<b>Trond Nymark</b>	<b>NOR</b>	<b>3:54:22</b>
2	<b>Christer Svensson</b>	<b>SWE</b>	<b>4:25:26</b>
	<b>Håvard Haukenes</b>	<b>NOR</b>	<b>DQ</b>

### Women

<i>Senior</i>		25 sep	20 km
1	<b>Merete Helgheim</b>	<b>NOR</b>	<b>1:52:20</b>
2	<b>Josefine Klausen</b>	<b>DEN</b>	<b>1:57:19</b>

## 14<sup>th</sup> Nordic Cross Country Championships

Trondheim, NOR 24 Oct

### Men

<i>Senior</i>		24 oct	9 km
1	<b>Sondre Nordstad Moen</b>	<b>NOR</b>	<b>27:47</b>
2	<b>Dabaya Badhaso</b>	<b>NOR</b>	<b>27:48</b>
3	<b>Mustafa Mohamed</b>	<b>SWE</b>	<b>28.11</b>
4	Sindre Buraas	NOR	28:24
5	Jussi Utriainen	FIN	28:27
6	Morten Munkholm	DEN	28:32
7	Matti Räsänen	FIN	28:38
8	Joel Bodén	SWE	28:39
9 Mikael Ekwall, SWE 28:41, 10 Olle Kallered, SWE 28:47, 11 Mårten Boström, FIN 28:48, 12 Morten Fransen, DEN 28:50, 13 Jakob Hannibal, DEN 28:54, 14 Jesper Faurshou, DEN 29:03, 15 Hans Kristian Fløystad, NOR 29:07, 16 Steen Walter, DEN 29:08, 17 Erik Petersson, SWE 29:15, 18 Eric Senorski, SWE 29:23, 19 Benjamin Wolthers, DEN 29:28, 20 Lars Nesbø Bakke, NOR 29:37, 21 Tuomas Jokinen, FIN 29:50, 22 Asbjørn Ellefsen Persen, NOR 30:04, 23 Stephan Alex Jensen, DEN 30:08, 24 Terje Charles Aggvin, NOR 30:17, 25 Jakob Hoffman, DEN 30:35, Anders Høye, NOR DNF, Joonas Harjamäki, FIN DNS. Extra: Hilary Kipchumba, KEN 27:47, Asle Rønning Tjelta, NOR 29:45, Audun Nordtveit, NOR 29:48, Anders Huun Monsen, NOR 29:56, Joachim Brøndbo, NOR 31:24, Terje Olsen, NOR 31:26, Martin Hoseth, NOR DNS, Robert Tirop, KEN DNS, Emil Lerdahl, NOR DNS, Carlos Silva de Brito, NOR DNS			

#### Teams:

- 1 NOR 22p (Sondre Nordstad Moen, Dabaya Badhaso, Sindre Buraas, Hans Kristian Fløystad)
- 2 SWE 30p (Mustafa Mohamed, Joel Bodén, Mikael Ekwall, Olle Kallered)
- 3 FIN 44p (Jussi Utriainen, Matti Räsänen, Mårten Boström, Tuomas Jokinen)
- 4 DEN 45p (Morten Munkholm, Morten Franse, Jakob Hannibal, Jesper Faurshou)

<i>U20</i>		24 oct	6 km
1	<b>Johan Bugge</b>	<b>NOR</b>	<b>19:36</b>
2	<b>Ørjan Grønnevig</b>	<b>NOR</b>	<b>19:36</b>
3	<b>Napoleon Solomon</b>	<b>SWE</b>	<b>19:37</b>
4	Ferdinand Kvan Edman	NOR	19:42
5	Ossi Kekki	FIN	19:49
6	Mads Tærstøl	DEN	19:52
7	Jonas Lurås Hammer	NOR	19:55
8	Jeppe Harboe	DEN	19:55

9 Thijs Nijhuis, DEN 20:04, 10 Steffan Ek, SWE 20:05, 11 Johan Rogestedt, SWE 20:14, 12 Oskari Pennanen, FIN 20:16, 13 Thomas Solberg Eide, NOR 20:18, 14 Kalle Keskipoikela, FIN 20:21, 15 Halfdan-Emil Færø, NOR 20:30, 16 Emil Blomberg, SWE 20:54, 17 Nick Jensen, DEN 21:03, 18 Arttu Vattulainen, FIN 21:20, Vetle Aasland, NOR DNF, Abdi Hakim Ulad, DNS. Extra: Vegard Løberg Gjelsvik, NOR DNF, Anders Stensås, NOR DNS

#### Teams:

1 NOR 7p (Johan Bugge, Ørjan Grønnevig, Ferdinand Kvan Edman)  
 2 DEN 23p (Mads Tærstbøl, Jeppe Harboe, Thijs Nijhuis)  
 3 SWE 24p (Napoleon Solomon, Steffan Ek, Johan Rogestedt)  
 4 FIN 31p (Ossi Kekki, Oskari Pennanen, Kalle Keskipoikela)

#### Women

	Senior	24 oct	7,5 km
1	<b>Karoline Bjerkeli Grøvdal</b>	<b>NOR</b>	<b>26:41</b>
2	<b>Kirsten Marathon Melkevik</b>	<b>NOR</b>	<b>26:47</b>
3	<b>Sandra Eriksson</b>	<b>FIN</b>	<b>27:08</b>
4	Maria Sig Møller	DEN	27:14
5	Malin Liljestedt	SWE	27:41
6	Christina Bus Holth	NOR	27:47
7	Louise Wiker	SWE	27:56
8	Fride Vullum-Bruer	NOR	28:16

9 Gabriella Samuelsson, SWE 28:17, 10 Hilde Aasheim, NOR 28:41, 11 Janica Mäkelä, FIN 28:51, 12 Maja Alm, DEN 29:05, 13 Anna Ställberg, SWE 29:06, 14 Laura Markovaara, FIN 29:06, 15 Nina Chydenius, FIN 29:18, 16 Louise Brasen, DEN 30:26, Ragnhild Kvarberg, NOR DNF, Extra: Sara Sjøkvist, SWE 28:11, Anna Nevin,

NOR 29:11, Anne Johanne Lind, NOR 31:24, Lisbeth Vold, NOR DQ, Tuva Toftdahl, NOR DNS

#### Teams:

1 NOR 9p (Karoline Bjerkeli Grøvdal, Kirsten Marathon Melkevik, Christina Bus Holth)  
 2 SWE 21p (Malin Liljestedt, Louise Wiker, Gabriella Samuelsson)  
 3 FIN 28p (Sandra Eriksson, Janica Mäkelä, Laura Markavaara)  
 4 DEN 32p (Maria Sig Møller, Maja Alm, Louise Brasen)

	U20	24 oct	4,5 km
1	<b>Saara Nikander</b>	<b>FIN</b>	<b>16:53</b>
2	<b>Anna Segersson</b>	<b>SWE</b>	<b>16:55</b>
3	<b>Nina Persson</b>	<b>SWE</b>	<b>16:57</b>
4	Meri Rantanen	FIN	17:03
5	Thea Krokan Murud	NOR	17:03
6	Ida Østerås	NOR	17:04
7	Sara Amalie Solheim	NOR	17:08
8	Elin Borglund	SWE	17:09

9 Frida Jonsson, SWE 17:10, 10 Viivi Rantanen, FIN 17:17, 11 Anna B. Mikkelsen, DEN 17:29, 12 Nina Bagger, DEN 17:43, 13 Pihla Hokkanen, FIN 17:45, 14 Else Loge, NOR 17:52, 15 Karoline Egeland Skatteboe, NOR 17:53, 16 Katrine Reinholdt, DEN 17:56, 17 Frida Thorsås, NOR 18:21

#### Teams:

1 SWE 13 p (Anna Segersson, Nina Persson, Elin Borglund)  
 2 FIN 15p (Saara Nikander, Meri Rantanen, Viivi Rantanen)  
 3 NOR 18p (Thea Krokan Murud, Ida Østerås, Sara Amalie Solheim)  
 4 DEN 39p (Anna B. Mikkelsen, Nina Bagger, Katrine Reinholdt)