

This year consists of the following competitions:

27.5	Kerava, FIN	11 th Nordic 10000m Challenge
8.6	Strandebarm, NOR	26 th Nordic Race Walking Championships
23.-24.6	Vejle, DEN	35 th Nordic Junior Championships Combined Events
1.-2.9	Esbjerg, DEN	4 th Nordic U20 Match & Championships
7.10	Stockholm, SWE	25 th Nordic Race Walking Championships Long distances
4.11	Södertälje, SWE	11 th Nordic Cross Country Championships

Nordic 10000 m Challenge

Kerava, FIN 27 May

Men

Senior	27 May	
1	Jussi Utriainen	FIN 29:54.16
2	Simo Wannas	FIN 29:56.55
3	Henrik Ahnström	SWE 30:19.40
4	Mårten Boström	FIN 30:20.31
5	Jonas Andersson	SWE 30:28.52
6	Kári Steinn Karlsson	ISL 30:30.06
7	Jesper Faursschou	DEN 30:44.05
8	Laust Bengtsen	DEN 30:58.68

9 Lars Bakke, NOR 31:56.68, Rolf Knudsen, DEN DNF, Svein Inge Buhaug, NOR DNF, Kjetil Foss Angeltveit, NOR DNF

Extra: Viktors Slesarenoks, LAT 30:11.24, Peter Gross, SWE 31:04.86, Miika Takala, FIN 32:09.92, Henri Manninen, FIN DNF, Mikael Talasjoki, FIN DNF, Marjo Vaitinen, FIN DNF, Vesa Erojärvi, FIN DNF, Henry Gross, SWE DNF

Women

Senior	27 May	
1	Anneli Fransson	SWE 34:50.91
2	Anna Rahm	SWE 34:58.82
3	Fride Vullum	NOR 35:15.35
4	Anna Holm Jørgensen	DEN 35:27.15
5	Lene K. Duus	DEN 36:16.50
6	Mira Tuominen	FIN 36:21.89
7	Sanna Kullberg	FIN 38:19.82

Maria Sig Møller, DEN DNF, Hanna Jantunen, FIN DNS

Nordic Race Walking Championships

Strandebarm, NOR 8 Jun

Men

Senior	8 Jun	20km
1	Erik Tysse	NOR 1:22:03
2	Trond Nymark	NOR 1:27:50
3	Jani Lehtinen	FIN 1:37:46
4	Timo Viljanen	FIN 1:40.14
5	Anders Wahlström	SWE 1:54:15
6	Erling Andersen	NOR 1:53:44
	Arild Fotland	NOR DNF

U23	8 Jun	20km
1	Ato Ibáñez	SWE 1:38:30
2	Janne Havukainen	FIN 1:42:50
	Christer Svensson	SWE DQ

U20	8 Jun	10km
1	Aku Partanen	FIN 47:56
2	Andreas Nilsen	DEN 49:53
3	Jonas Aasen	NOR 54:21
4	Jasper Westhof	NOR 56:27

U18	8 Jun	5000m
1	Perseus Ibáñez	SWE 22:42.7
2	Håvard Haukenes	NOR 24:40.3
3	Eemeli Kiiski	FIN 26:11.7
4	Pål-Erik Lund	NOR 16:42.6

Women

Senior	8 Jun	10km
1	Janna Eskelinen	FIN 52:01
2	Ellinor Hogrell	SWE 54:38
3	Hanne Liland	NOR 55:02
	Monica Svensson	SWE DQ
	Kjersti Tysse Plätzer	NOR DNF

U23	8 Jun	10km
1	Kati Penttinen	FIN 53:31
2	Anne Hakivaha	FIN 54:22
3	Alexandra Broberg	SWE 1:05:02

U20	8 Jun	5000m
1	Karoliina Kaasalainen	FIN 24:28.2
2	Anna Karila	FIN 27:00.4
3	Sara Agemark	SWE 28:04.0
4	Marianne Bjelke	NOR 29:52.1

U18	8 Jun	5000m
1	Jasmin Köykka	FIN 26:32.5
2	Elisa Neuvonen	FIN 27:16.7

Points:	1	FIN	90
	2	NOR	63
	3	SWE	58
	4	DEN	7

Nordic Junior Championships Combined Events

Vejle, DEN 23-24 Jun

Men

U23 Decathlon	23-24 Jun	
1	Samuel Lindén	SWE 7.106
2	Ville Mylläri	FIN 6.980
3	Miika Kelo	FIN 6.895
4	Christian Laugesen	DEN 6.883
	Juho Mäkipää	FIN DNF
	Jonas Elgered	SWE DNF

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

1	11.52	6.53	13.62	1.98	50.45	15.31	38.09	4.33	47.30	4:41.29
	748	704	705	785	794	812	626	711	549	672
	0,0	0,0				-0,2				
2	11.75	6.83	11.95	2.01	52.63	15.44	36.96	4.43	57.82	4:45.52
	701	774	603	913	697	797	603	740	705	646
	0,0	+0,1				-0,2				
3	11.42	6.96	12.94	1.77	52.00	15.76	36.46	4.13	56.02	5:02.24
	769	804	664	602	725	760	593	654	678	547
	0,0	+0,6				-0,2				
4	11.37	6.88	11.09	1.92	49.81	15.19	33.28	4.03	43.82	4:31.78
	780	785	551	731	823	827	529	626	498	733
	0,0	0,0				-0,2				
5	11.99	6.70	11.57	1.80	56.17	16.45	36.43	DNS		
	653	743	580	627	553	683	592			
	0,0	0,0				-0,2				
6	12.07	6.08	11.02	1.62	53.36	DNF	33.64	DNS		
	637	604	547	480	666	0	537			
	0,0	0,0								

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

1	14.87	39.72	4.43	38.65	36.19	11.62	6.64	12.73	1.83	2:50.08
	865	659	740	423	808	728	729	651	653	765
	-2,1					0,0	0,0			
2	14.87	37.83	3.83	40.65	35.42	11.37	6.82	12.77	1.74	2:44.90
	865	621	570	452	856	780	771	653	577	820
	-2,1					0,0	0,0			
3	14.95	39.31	4.03	48.06	37.44	12.02	6.09	14.52	1.74	2:44.54
	856	651	626	560	733	647	606	760	577	824
	-2,1					0,0	+1,4			
4	15.45	36.94	3.53	52.14	36.00	11.84	6.42	13.67	1.71	3:11.58
	796	603	490	620	820	683	679	708	552	555
	-2,1					0,0	+0,7			
5	16.33	39.51	3.43	35.44	37.18	12.05	6.03	12.88	1.77	2:49.24
	696	655	464	376	748	641	593	660	602	774
	-2,1					0,0	+1,0			
6	15.59	29.14	4.23	44.05	37.92	12.35	5.76	10.01	1.71	2:44.48
	708	448	682	501	705	584	535	486	552	824
	-2,1					0,0	+0,3			
7	15.63	35.65	3.53	42.74	36.90	11.80	6.66	10.63	1.71	3:19.62
	775	577	490	482	765	691	734	524	552	475
	-2,1					0,0	+1,2			

High jump

1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86

1										
2										
3										
4	o	o	o	o	o	o	o	o	o	o
5										
6	o	-	-	o	-	xxx				
7		o	-	o	-	xxx				

Pole vault

3.03 3.23 3.33 3.43 3.53 3.63 3.73 3.83 3.93 4.03 4.13 4.23 4.33 4.43 4.53

1															
2															
3															
4															
5															
6															
7	xo	o	-	o	xo	xxx									

	Long jump	Shot put	Discus throw	Javelin throw
1	6.30 6.01 6.64 +1,5 +0,4 0,0	12.22 X 12.73	34.55 39.72 38.81	34.83 36.65 38.65
2	X 6.82 X 0,0	10.42 12.31 12.77	35.95 37.83 X	40.64 36.09 40.65
3	6.01 6.09 X +1,5 +1,4	14.33 14.02 14.52	37.91 39.31 X	48.06 46.72 47.20
4	6.24 6.42 X +1,4 +0,7	13.67 12.50 13.19	X X 36.94	51.21 51.39 52.14
5	5.83 6.03 5.93 +1,0 +1,0 0,0	11.87 12.88 12.62	39.51 37.48 38.36	35.44 34.61 32.25
6	X 5.76 X +0,3	10.01 9.29 874	X 29.14 26.71	41.99 40.41 44.05
7	X 6.66 6.17 +1,2 0,0	9.61 10.05 10.63	35.33 34.34 35.65	42.40 42.74 40.18

Women

	U23 Heptathlon	23-24 Jun
1	Elisa Kirvesniemi	FIN 5.391
2	Bettiina Lindahl	FIN 4.829
3	Tine Bach Ejlersen	DEN 4.287

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

1	14.67	1.59	11.77	25.40	5.92	36.05	2:16.74
	886	724	646	850	825	592	868
	-0,2			-0,3	0,0		
2	16.05	1.62	10.17	26.11	5.18	37.85	2:21.91
	708	759	541	788	609	626	798
	-0,2			-0,3	-0,6		
3	15.31	1.56	9.47	27.27	5.26	36.46	2:58.35
	801	689	495	690	631	600	381
	-0,2			-0,3	-0,6		

High jump

1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65

1							
	o	o	o	xxx			

2							
3	o	o	o	o	xxx		

	Long jump	Shot put	Javelin throw
1	5.92 4.81 5.85 0,0 -0,4 -0,7	11.25 11.77 10.83	36.05 X 33.75
2	5.15 X 5.18 -0,4 -0,6	10.17 10.11 9.86	35.55 32.83 37.85
3	5.26 5.10 5.18 -0,6 0,0 -0,7	9.18 9.31 9.47	32.57 35.63 36.46

U20 Heptathlon

23-24 Jun

1	Maiju Mattila	FIN 5.323
2	Elin Westerlund	SWE 4.971
3	Inger Anne Frøysedal	NOR 4.919
4	Josefin Svensson	SWE 4.913
5	Katariina Valla	FIN 4.579
6	Paulina Engfors	SWE 4.157

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

1	14.82	1.74	10.44	25.71	5.58	43.89	2:28.78
	866	903	558	823	723	742	708
	0,0			-0,7	-0,7		
2	14.26	1.71	8.82	25.72	5.69	24.27	2:24.51
	942	867	452	822	756	369	763
	0,0			-0,7	-0,2		
3	15.49	1.65	10.56	27.58	5.58	38.88	2:25.73
	778	795	566	664	723	646	747
	0,0			-0,7	0,0		
4	14.92	1.62	10.23	25.89	5.52	30.05	2:24.29
	852	759	545	807	706	478	766
	0,0			-0,7	0,0		
5	15.98	1.56	12.44	28.03	5.10	40.12	2:37.79
	717	689	690	628	587	670	598
	0,0			-0,7	-0,8		
6	17.32	1.56	8.89	26.84	4.73	29.85	2:24.42
	561	689	457	725	487	474	764
	0,0			-0,7	-0,8		

High jump

1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77

1							
2							
3							
4							
5	xo	o	xo	xxx			
6	o	o	xxo	xxx			

	Long jump	Shot put	Javelin throw
1	5.56 5.58 5.38 -0,3 -0,7 0,0	10.44 10.29 10.40	43.89 41.88 42.92
2	5.54 5.55 5.69 -0,3 0,0 -0,2	8.74 8.82 X	19.35 24.27 20.79
3	X 5.58 3.95 0,0 0,0	10.56 X 10.11	X 32.69 38.88
4	5.52 5.51 5.52 0,0 0,0 0,0	10.19 10.08 10.23	28.65 30.05 29.09
5	5.10 5.00 4.82 -0,8 0,0 -0,2	X 12.44 12.31	40.12 38.00 39.91
6	4.69 4.69 4.73 0,0 0,0 -0,8	8.37 8.37 8.89	X 29.85 X

U18 Heptathlon

23-24 Jun

1	Frida Linde	SWE 5.524
2	Helga Margrét Þorsteinsdóttir	ISL 5.428
3	Caroline Lundahl	SWE 5.092
4	Andrea Nybäck	SWE 4.907
5	Marika Partinen	FIN 4.887
6	Suvi Liimatainen	FIN 3.280

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.00	1.71	13.17	25.66	5.46	36.93	2:20.46
	978	867	739	827	688	608	817
	0,0			-1,5	+0,4		
2	14.78	1.59	15.14	25.59	5.62	35.39	2:20.56
	871	724	870	833	735	579	816

0,0	-1,5	0,0
3 14.26	1.65 11.29	25.31 5.85 31.98 2:40.79
942	795 614	859 804 514 564
0,0	-1,5	0,0
4 14.52	1.65 10.35	26.10 5.56 27.46 2:27.87
906	795 552	788 717 429 720
0,0	-1,5	+0,8
5 14.55	1.62 11.05	27.43 5.79 31.42 2:32.46
902	759 598	676 786 504 662
0,0	-1,5	0,0
6 17.84	1.53 12.39	26.33 NM 29.27 3:20.17
505	655 687	769 0 463 201
0,0	-1,5	

High jump

	1.47	1.50	1.53	1.56	1.59	1.62	1.65	1.68	1.71	1.74
1				o	o	o	o	xo	o	xxx
2	o	-	o	xo	o	xxx				
3				o	o	o	o	xxx		
4			o	o	o	xo	o	xxx		
5		o	xo	xxx	o	xo	xxx			
6	o	xo	o	xxx						

	Long jump			Shot put			Javelin throw		
1	5.46	5.19	X	11.82	13.17	13.09	36.93	35.35	36.93
	+0,4	0,0							
2	5.21	5.40	5.62	14.76	15.14	X	35.39	X	X
	0,0	0,0	0,0						
3	5.72	5.45	5.85	11.29	X	11.22	31.34	31.98	27.59
	0,0	0,0	0,0						
4	5.56	4.98	X	10.07	10.23	10.35	28.63	29.73	31.42
	+0,8	0,0							
5	5.64	5.65	5.79	10.05	11.05	X	X	23.86	27.46
	0,0	0,0	0,0						
6	X	X	X	12.39	11.13	12.16	29.27	28.91	29.18

Nordic U20 Match & Championships

Esbjerg, DEN 1-2 Sep

Men

	100 m	2 Sep	+0,9
1	Lauri Kohtamäki	FIN	10.69
2	Hannu Ali-Huokana	FIN	10.70
3	Oskar Åhberg	SWE	10.90
4	Peter Osazuwa	NOR	10.97
5	Þorsteinn Ingvarsson	ISL	11.07
6	Sindre Rørvik	NOR	11.09
7	Steven K. Korang	DEN	11.15
7	Jonas Mårtensson	SWE	11.15

	200 m	1 Sep	+0,3
1	Lauri Kohtamäki	FIN	21.51
2	Sveinn Elías Elíasson	ISL	21.94
3	Oskar Åhberg	SWE	21.97
4	Hannu Ali-Huokana	FIN	22.08
5	Espen Rene Wisur	NOR	22.46
6	Frederik Hallinder	SWE	22.50
7	Steven K. Korang	DEN	22.67
8	Peter Osazuwa	NOR	22.95

	400 m	2 Sep	
1	Sveinn Elías Elíasson	ISL	48.03
2	Frederik Hallinder	SWE	49.10
3	Carl-Adam Lindros	SWE	49.15
4	Rasmus Olsen	DEN	49.20
5	Mauritz Kåshagen	NOR	49.66
6	Eivind Jenssen	NOR	49.67
7	Simon Ylinen	FIN	50.29
8	Jabbe Kärmä	FIN	50.72

800 m

	1 Sep		
1	Johan Svensson	SWE	1:51.58
2	Thobias Ekhamre	SWE	1:52.10
3	Rasmus Terp	DEN	1:52.51
4	Tuomo Salonen	FIN	1:52.56
5	Eivind Jenssen	NOR	1:53.81
6	Panu Jantunen	FIN	1:54.48
7	Vidar Dahle	NOR	1:55.61
8	Bjartmar Örnuson	ISL	1:58.33

1500 m

	2 Sep		
1	Thobias Ekhamre	SWE	3:58.40
2	Kalle Johansen	SWE	3:59.07
3	Andreas Bueno	DEN	3:59.61
4	Henrik Ingebrigtsen	NOR	4:01.44
5	Miro Laurila	FIN	4:01.73
6	Tuomo Salonen	FIN	4:01.74
7	Hans Kristian Fløystad	NOR	4:03.29
8	Bjartmar Örnuson	ISL	4:12.96

5000 m

	1 Sep		
1	Alexander Söderberg	SWE	14:39.14
2	Sondre Nordstad Moen	NOR	14:44.23
3	Andreas Åhwall	SWE	14:53.27
4	Lars Erik Malde	NOR	14:53.36
5	Miro Laurila	FIN	14:59.66
6	Pekka Toivola	FIN	15:01.20
7	Steffen Falch Larsen	DEN	15:18.17

110 m hurdles (99,1cm)

	2 Sep	+1,3	
1	Josua Gustafsson	SWE	14,33
2	Markus Sparrman	SWE	14.41
3	Þorsteinn Ingvarsson	ISL	14.54
3	Joona-Ville Heina	FIN	14.54
5	Andreas Martinsen	DEN	14.58
6	Arttu Niinikoski	FIN	14.73
7	Hans Erik Bragstad Vist	NOR	15.56
8	Anders Govasmark Lerberg	NOR	28.74

400 m hurdles

	1 Sep		
1	Nicklas Åkerström	SWE	53.95
2	Samu Oras	FIN	55.15
3	Amir Shaker	SWE	55.91
4	Juha Launto	FIN	56.39
5	Christian Voss Linnerud	NOR	56.88
6	Mathias Andersen	DEN	58.16
7	Hans Erik Bragstad Vist	NOR	58.25

3000 m steeplechase

	2 Sep		
1	Eric Senorski	SWE	9:19.07
2	Ole Hesselbjerg	DEN	9:19.30
3	Sindre Buraas	NOR	9:25.89
4	Joonas Lehtinen	FIN	9:27.33
5	Tom Erling Kårbø	NOR	9:27.71
6	Aleksi Ikonen	FIN	9:41.84
7	Markus Liwing	SWE	9:51.58

5000 m Walk

	2 Sep		
1	Matias Korpela	FIN	22:14.78
2	Perseus Ibañez	SWE	22:33.82
3	Andreas Nilsen	DEN	22:56.84
4	Håvard Haukenes	NOR	24:06.00
5	Anders Hansson	SWE	24:38.27
6	Jan-Eric Sundqvist	SWE	25:22.49
7	Jasper Westhof	NOR	26:47.49

<i>High jump</i>				1 Sep
1	Kjølsv Egeland	NOR	2.03	
2	Eeropekka Uusimäki	FIN	2.03	
3	Niko Kyyhkynen	FIN	1.99	
3	Brede Raa Ellingsen	NOR	1.99	
5	Christoffer Holmström	SWE	1.99	
6	Linus Karlsson	SWE	1.95	
7	Andreas Jeppesen	DEN	1.95	
8	Lasse Ø. Jensen	DEN	1.90	

Series	1.80	1.85	1.90	1.95	1.99	2.03	2.06
1							xxx
2			xxo				xxx
3						xxx	
3						xxx	
5	o	-	o		xxo	xxx	
6	o	-	o	xo	xxx		
7	xo	o	xo	xxo	xxx		
8	o	o	xxo	xxx			

<i>Pole vault</i>				2 Sep
1	Erik Thorstensson	SWE	4.91	
2	Rasmus W. Jørgensen	DEN	4.67	
2	Mikkel M. Jensen	DEN	4.67	
4	Henning Dahl Holti	NOR	4.67	
5	Jouni Marjanieniemi	FIN	4.55	
6	Rasmus Carlsson	SWE	4.40	
7	Kim Nes Lervik	NOR	4.00	
	Akseli Välimäki	FIN	NM	

Series	3.50	3.80	4.00	4.20	4.40	4.55	4.67	4.79	4.91	5.00
1							o	o	xo	xxx
2							o	o	xx	x
2							o	o	xxx	
4					o	o	o	xxo	xxx	
5					o	xo	xxo	xxx		
6					o	o	xxx			
7	xo	o	o	xxx						

<i>Long jump</i>				1 Sep
1	Mikko Kivinen	FIN	7.48	
2	Joonas Makkonen	FIN	7.22	
3	Þorsteinn Ingvarsson	ISL	7.11	
4	Sindre Rørvik	NOR	6.91	
5	Hans Lämås	SWE	6.83	
6	Daniel Lennartsson	SWE	6.73	
7	Alexander Dahlstrøm Winger	NOR	6.57	
8	Alexander Falkentoft	DEN	6.01	

Series	1	2	3	4	5	6
1	7.08	7.37	7.48	x	7.37	7.35
	+0,3	+0,9	0,0		+0,5	+1,4
2	7.05	6.88	7.09	6.94	7.22	
	-0,2	+0,3	+0,6	-0,1		+1,0
3	6.81	x	6.80	6.79	6.84	7.11
	+0,8		+0,7	0,0	+0,2	+0,5
4	6.58	6.12	6.68	6.55	6.79	6.91
	0,0	0,0	+1,1	0,0	+0,3	+0,3
5	6.80	x	x	6.83	x	x
	+0,5			+0,5		
6	6.36	6.73	4.05	x	x	x
	+1,0	+1,0	+0,3			
7	6.55	x	6.57	x	x	x
	-0,2		+0,2			
8	6.01	x	x	x	5.96	5.93
	+0,6				+0,1	+0,1

<i>Triple jump</i>				2 Sep
1	Mikko Kivinen	FIN	15.64	
2	Peder P. Nielsen	DEN	15.41	
3	Joonas Makkonen	FIN	14.70	
4	Erik Persson	SWE	14.64	
5	Daniel Lennartsson	SWE	14.38	
6	Jonathan Varela Byrkjenes	NOR	13.82	
7	Jan Olav Horten	NOR	13.49	

Series	1	2	3	4	5	6
1	14.65	15.30	15.43	15.49	15.64	15.51

	+1,0	+0,8	+0,3	-0,3	+1,1	0,0
2	15.22	15.41	15.12	15.32	13.59	15.31
	0,0	+1,6	0,0	+0,6	+1,0	0,0
3	13.75	14.22	13.96	14.26	14.63	14.70
	+0,6	+0,5	+0,9	0,0	+1,0	+0,7
4	14.39	14.38	14.47	14.64	14.47	12.25
	+0,9	+1,1	+1,8	0,0	+1,1	0,0
5	14.38	x	x	x	x	x
	0,0					
6	13.29	13.82	x	13.45	x	13.76
	+0,7	-0,2		0,0		0,0
7	x	13.07	13.31	13.23	13.34	13.49
		-0,9	+0,3	09,1	+1,7	0,0

<i>Shot put (6 kg)</i>				1 Sep
1	Niko Hauhia	FIN	18.66	
2	Yngve Grøneng Havn	NOR	17.37	
3	Reima Haapakoski	FIN	17.33	
4	Stian Andersen	NOR	16.60	
5	Ulf Ankarling	SWE	16.17	
6	Kenneth Mertz	DEN	15.88	
7	Anders Lundell	SWE		
8	Örn Davíðsson	ISL	14.92	

Series	1	2	3	4	5	6
1	17.58	18.08	17.90	18.37	18.66	x
2	16.92	x	17.17	16.71	16.82	17.37
3	16.84	17.33	16.68	17.22	16.88	x
4	15.85	x	x	16.22	16.38	16.60
5	x	x	x	x	16.16	16.17
6	15.72	15.55	15.88	15.73	15.71	x
7	15.57	15.57	x	15.45	x	15.88
8	14.92	x	x	x	x	13.78

<i>Discus throw (1.75kg)</i>				2 Sep
1	Joni Mattila	FIN	57.28	
2	Stian Andersen	NOR	51.32	
3	Ulf Ankarling	SWE	50.98	
4	Magnus Røsholm Berntsen	NOR	50.78	
5	Reima Haapakoski	FIN	50.35	
6	Johnny Karlsson	SWE	49.44	
7	Örn Davíðsson	ISL	44.83	
8	Andreas Jørgensen	DEN	44.53	

Series	1	2	3	4	5	6
1	x	51.60	57.28	x	53.63	56.34
2	49.97	x	x	50.59	51.32	x
3	x	46.54	50.98	x	x	x
4	43.28	49.57	50.78	x	x	x
5	x	41.32	x	47.66	x	50.35
6	42.58	x	48.71	47.87	x	49.44
7	x	43.45	44.83	x	x	41.89
8	44.53	39.48	42.94	43.63	x	x

<i>Hammer throw (6kg)</i>				1 Sep
1	Arno Laitinen	FIN	71.91	
2	Janne Viljanen	FIN	68.62	
3	Karl-Erik Ludvigsson	SWE	66.51	
4	Eivind Henriksen	NOR	64.35	
5	Steinar Kleppe	NOR	62.37	
6	Tommy Nordin	SWE	55.92	
7	Kristján Sigurðsson	ISL	49.71	
8	Steffan Berk	DEN	45.22	

Series	1	2	3	4	5	6
1	66.33	x	71.91	70.75	69.58	68.58
2	68.62	67.42	66.47	66.27	67.82	66.55
3	x	64.92	66.51	x	x	64.26
4	x	64.35	x	x	x	x
5	55.78	53.68	62.37	58.81	x	58.06
6	x	x	x	x	55.92	x
7	x	49.71	46.73	49.27	x	x
8	40.65	43.84	x	x	45.22	x

<i>Javelin throw (800g)</i>				2 Sep
1	Tuomas Saari	FIN	72.51	
2	Ville Jääskeläinen	FIN	68.08	
3	Joni Kaartinen	SWE	64.42	
4	Paul Redford	NOR	60.27	
5	Sebastian Mattsson	SWE	58.98	

6	Örn Daviðsson	ISL	57.91
7	Michael Jacobsen	DEN	55.53
8	Stian Andersen	NOR	54.51

Series	1	2	3	4	5	6
1	79.71	66.90	67.54	66.03	72.51	71.37
2	57.65	68.08	X	66.66	X	X
3	64.42	63.22	63.45	63.43	60.34	X
4	50.12	55.51	59.86	60.27	X	X
5	X	58.98	X	58.23	57.55	X
6	53.06	48.47	57.91	51.95	X	54.66
7	55.53	53.09	52.90	55.44	44.46	55.40
8	50.95	49.09	54.51	X	X	X

4x100 m relay		1 Sep	
1	FIN	41.74	(Joona-Ville Heina, Lauri Kohtamäki, Joel Kuivaniemi, Hannu Ali-Huokana)
2	DEN	42.71	(Steven K. Korang, Andreas Martinsen, Rasmus Olsen, Peder P. Nielsen)
3	NOR	45.48	(Sindre Rørvik, Espen Rene Wisur, Peter Osazuwa, Mauritz Kåshagen)
4	SWE	53.58	(Jonas Mårtensson, Oskar Åhberg, Henrik Adolfsson, Josua Gustafsson)

4x400 m relay		2 Sep	
1	SWE	3:16.77	(Niclas Åkerström, Johan Svensson, Oskar Åhberg, Frederik Hallinder)
2	DEN	3:16.78	(Steven K. Korang, Rasmus Terp, Andreas Martinsen, Rasmus Olsen)
3	NOR	3:20.12	(Hans Erik Bragstad Vist, Espen Rene Wisur, Eivind Jenssen, Mauritz Kåshagen)
4	FIN	3:20.82	(Simon Ylinen, Mikke Kelottijärvi, Juha Launto, Janne Kämä)

Points Men	Nation	Total
	FIN	211
	SWE	206
	NOR	149,5
	DEN/ISL	125,5

Women

100 m		2 Sep	+1,3
1	Isabelle Eurenus	SWE	11.88
2	Elin Backman	SWE	12.03
3	Linn Helene Bakke	NOR	12.10
4	Folake Akinyemi	NOR	12.12
5	Anna B. Olsson	DEN	12.18
6	Suvi Nisula	FIN	12.32
7	Jasmin Showlah	FIN	12.43
8	Helga Margrét Þorsteinsdóttir	ISL	12.57

Extra: Wind +0,1: Caroline Pedersen, NOR 12.15, Sif Hansen, DEN 12.74, Linda Björk Valbjörnsdóttir, ISL 12.85

200 m		1 Sep	+1,2
1	Elin Backman	SWE	24.11
2	Linn Helene Bakke	NOR	24.55
3	Linnéa Colin	SWE	24.66
4	Anna B. Olsson	DEN	24.69
5	Folake Akinyemi	NOR	24.87
6	Jasmina Viitala	FIN	25.17
7	Erica Nordqvist	FIN	25.53
8	Helga Margrét Þorsteinsdóttir	ISL	25.61

400 m		2 Sep	
1	Sofia Hellberg-Jonsén	SWE	55.57
2	Benedicte Hauge	NOR	55.90
3	Josefin Magnusson	SWE	56.25
4	Kari Marte Brandt	NOR	56.53
5	Heidi Pappila	FIN	57.80
6	Saara Haanpää	FIN	58.56
7	Stefania Valdimarsdóttir	ISL	58.73
8	Katrine Kristensen	DEN	59.06

800 m		1 Sep	
1	Cecilie Benedicte Isern	NOR	2:13.88

2	Heidi Pappila	FIN	2:14.10
3	Martine Eikemo Borge	NOR	2:15.32
4	Maria Jangsten	SWE	2:15.67
5	Saara Haanpää	FIN	2:16.04
6	Josefine Koskinen	SWE	2:16.13
7	Katrine Væsel	DEN	2:16.20
8	Stefania Valdimarsdóttir	ISL	2:22.55

1500 m		2 Sep	
1	Charlotte Sinclair	SWE	4:37.37
2	Katrine Væsel	DEN	4:38.93
3	Janni Syrjälä	FIN	4:41.01
4	Íris Anna Skúladóttir	ISL	4:42.76
4	Sara Sjöqvist	SWE	4:42.76
6	Miriam Berg Hovda	NOR	4:45.89
7	Paulina Oksanen	FIN	4:49.16
8	Rut Appelkvist	NOR	4:53.59

3000 m		1 Sep	
1	Ingunn Opsal	NOR	9:17.12
2	Charlotte Sinclair	SWE	9:40.52
3	Suvi Miettinen	FIN	9:42.04
4	Janni Syrjälä	FIN	9:59.20
5	Íris Anna Skúladóttir	ISL	9:59.65
6	Miriam Berg Hovda	NOR	10:12.02
7	Therese Sjöström	SWE	10:18.65
8	Karina Klok	DEN	10:55.57

100 m hurdles		2 Sep	+2,2
1	Animari Korte	FIN	13.90
2	Tale Ørving	NOR	14.15
3	Suvi Eliasson	FIN	14.49
4	Hege Vold	NOR	14.62
5	Fatima Makakala	SWE	14.74
6	Josefin Svensson	SWE	14.90
7	Helga Margrét Þorsteinsdóttir	ISL	14.99
8	Caroline Bonde Holm	DEN	15.09

400 m hurdles		1 Sep	
1	Benedicte Hauge	NOR	60.12
2	Sanna Jansson	SWE	60.88
3	Kristiina Auno	FIN	61.76
4	Noora Toivo	FIN	62.81
5	Linda Björk Valbjörnsdóttir	ISL	62.86
6	Hege Vold	NOR	62.89
7	Ina Marie Hjort	DEN	65.20
8	Linda Luts	SWE	66.80

2000 m steeplechase		2 Sep	
1	Sandra Eriksson	FIN	6:48.19
2	Suvi Miettinen	FIN	6:51.93
3	Kristin Brøndbo	NOR	6:58.07
4	Cecilia Norrbom	SWE	7:19.61
5	Julie Marie Haabeth	NOR	7:23.63
6	Josefin Berggren	SWE	7:29.63
7	Karina Klok	DEN	7:50.51

3000 m walk		2 Sep	
1	Karoliina Kaasalainen	FIN	14:10.77
2	Sara Agemark	SWE	15:08.48
3	Anna Karrila	FIN	15:35.52
4	Elin Angestav	SWE	16:19.60
5	Marianne Bjelke	NOR	16:32.24

<i>High jump</i>				2 Sep
1	Erika Wiklund	SWE	1.78	
2	Laura Rautanen	FIN	1.71	
3	Elina Smolander	FIN	1.67	
3	Josefine Svensson	SWE	1.67	
5	Guðrún María Pétursdóttir	ISL	1,67	
6	Katarina Mögenburg	NOR	1.63	
7	Inger Anne Hovind	NOR	1.63	
8	Line Skriver	DEN	1.58	

Series	1.53	1.58	1.63	1.67	1.71	1.74	1.78	1.82
1							XXO	XXX
2								
3								
3								
5	XO							
6								
7								
8	XO	XO	XXX					

<i>Pole vault</i>				1 Sep
1	Vanessa Vandy	FIN	4.16	
2	Fanny Berglund	SWE	3.96	
3	Emelie Gustafsson	SWE	3.56	
4	Katrine Haarklau	NOR	3.46	
5	Caroline Bonde Holm	DEN	3.46	
6	Iben Høgh-Pedersen	DEN	3.46	
7	Iina Törnqvist	FIN	3.31	
8	Ingvild Mundal Andersen	NOR	2.96	

Series	2.56	2.76	2.96	3.16	3.31	3.46	3.56	3.66	3.71	3.76	3.81	3.86	3.91	3.96	4.01	4.06
1																
2																
3																
4																
5																
6																
7																
8	XO		XO	XXX												

<i>Long jump</i>				1 Sep
1	Erika Wiklund	SWE	5.97	
2	Oda Utsi Onstad	NOR	5.91	
3	Emelie Nilsson	SWE	5.82	
4	Sofia Sadeharju	FIN	5.74	
5	Helga Margrét Þorsteinnsdóttir	ISL	5.60	
6	Malin Fransson	NOR	5.58	
7	Sanna Nygård	FIN	5.51	
8	Sofie Olesen	DEN	5.06	

Series	1	2	3	4	5	6
1	5.74	5.75	5.91	5.66	4.07	5.97
	+1,8	+1,2	0,0	+0,6	+0,4	0,0
2	3.75	X	5.91	5.63	5.69	5.85
	+1,3		+0,3	0,0	0,0	+0,7
3	5.67	5.69	5.58	5.62	5.82	5.50
	+0,6	+0,4	+0,7	+0,8	+1,4	+0,2
4	5.74	5.52	4.09	5.69	X	5.62
	+0,4	+0,3	+0,6	+1,1		0,0
5	5.26	X	5.29	5.60	5.19	5.56
	+0,8		+0,6	+0,6	+0,9	+1,3
6	5.26	X	X	5.33	5.58	
	0,0			+0,8	+0,8	
7	X	4.86	5.40	5.51	5.22	5.51
		+1,2	+0,6	-0,4	+1,3	+0,6
8	4.92	X	X	5.06	X	X
	+1,9			+1,0		

<i>Triple jump</i>				2 Sep
1	Izhehi Ileso	SWE	12.80	
2	Inger Anne Frøysedal	NOR	12.52	
3	Sanna Nygård	FIN	12.33	
4	Sofia Sadeharju	FIN	12.07	
5	Rebecca Strand	SWE	11.85	
6	Amalie Tefre Skage	NOR	11.76	
7	Jeanette Hedeager	DEN	11.12	

Series	1	2	3	4	5	6
1	X	X	12.80	12.76	X	12.55
			0,0	0,0		0,0
2	12.01	12.31	X	12.16	12.52	12.39
	0,0	0,0		+1,3	0,0	0,0
3	X	12.33	X	X	12.08	11.99
		0,0			0,0	0,0
4	11.46	12.07	11.78	11.69	11.88	-
	0,0	+1,9	0,0	0,0	0,0	
5	X	11.74	11.85	11.75	11.68	X
		+1,2	0,0	+0,4	0,0	
6	11.76	11.75	X	X	-	-
	0,0	0,0				
7	11.12	10.91	X	10.84	10.54	11.01
	+1,5	0,0		+1,2	0,0	-0,7

<i>Shot put</i>				2 Sep
1	Minnamari Kuossari	FIN	14.81	
2	Kristin Sundsteigen	NOR	13.28	
3	Jenny Johansson	SWE	13.28	
4	Trude Raad	NOR	13.02	
5	Elina Mattila	FIN	12.80	
6	Helga Margrét Þorsteinnsdóttir	DEN	12.34	
7	Trine Mulbjerg	DEN	12.31	
8	Maria Bengtsson	SWE	11.88	

Series	1	2	3	4	5	6
1	14.81	14.09	14.48	14.20	X	14.10
2	13.28	X	12.76	13.11	13.02	12.17
3	X	12.89	13.08	13.28	12.40	X
4	12.24	12.56	12.74	13.02	12.62	X
5	11.73	12.35	12.00	11.90	12.80	12.27
6	12.05	X	12.21	12.26	12.34	12.22
7	10.96	11.41	11.70	11.62	12.31	X
8	X	11.07	11.88	X	X	X

<i>Discus throw</i>				1 Sep
1	Sofia Larsson	SWE	48.63	
2	Vuokko Rajamäki	FIN	47.70	
3	Jasmine Henriksson	SWE	46.16	
4	Elina Mattila	FIN	44.02	
5	Kristin Sundsteigen	NOR	40.71	
6	Trude Raad	NOR	38.80	
7	Sandra Pétursdóttir	ISL	32.06	
8	Malene Wissing	DEN	31.89	

Extra: Elinor Forssander, SWE 47.12, Jenny Johansson, SWE NM						
Series	1	2	3	4	5	6
1	X	47.70	X	48.63	46.25	47.12
2	44.18	47.70	43.42	40.85	44.46	45.66
3	42.85	43.80	46.16	45.00	X	44.10
4	39.62	X	41.97	40.81	44.02	X
5	39.21	X	X	X	40.71	X
6	X	38.80	X	37.85	X	X
7	X	31.48	31.24	32.06	X	X
8	X	31.34	30.17	28.67	31.89	X

<i>Hammer throw</i>				2 Sep
1	Mari Tiainen	FIN	57.81	
2	Silla Tenkula	FIN	56.07	
3	Johanna Rydberg	SWE	54.14	
4	Trude Raad	NOR	54.07	
5	Elinor Forssander	SWE	51.77	
6	Katja Vangsnes	NOR	49.30	
7	Sandra Pétursdóttir	ISL	38.73	
8	Heidi Hansen	DEN	35.07	

Series	1	2	3	4	5	6
1	56.51	X	55.11	X	X	57.81
2	X	55.18	X	X	X	56.07
3	53.13	54.14	X	X	X	50.53
4	52.25	52.97	54.07	X	52.76	X
5	51.77	51.30	X	X	50.99	51.55
6	48.02	48.00	46.31	49.30	X	45.82
7	38.73	37.90	37.58	X	36.71	X
8	X	31.85	34.94	X	35.07	X

<i>Javelin throw</i>				1 Sep
1	Jelena Jaakola	FIN	55.63	
2	Oona Sormunen	FIN	50.68	
3	Anna Wessman	SWE	50.26	

4	Ina Cathrin Kartum	NOR	48.98
5	Adriana Haga Thomassen	NOR	44.10
6	Maria L. Jensen	DEN	43.07
7	Isabell Gradin	SWE	41.42

Series	1	2	3	4	5	6
1	48.07	X	46.63	X	55.63	X
2	48.39	49.14	48.97	X	47.89	50.68
3	46.45	47.01	X	46.22	50.26	X
4	42.96	48.98	46.73	46.98	46.82	45.00
5	40.72	40.96	X	X	44.10	41.37
6	X	X	34.47	40.51	41.42	43.07
7	39.88	41.42	36.87	39.69	X	37.55

4x100 m relay		1 Sep	
1	SWE	45.73	(Julie Skugge, Linnéa Colin, Elin Backman, Isabelle Eurenus)
2	NOR	46.88	(Oda Utsi Onstad, Linn Helene Bakke, Folake Akinyemi, Caroline Pedersen)
3	FIN	47.36	(Annamari Korte, Suvi Nisula, Jasmina Viitala, Jasmin Showlah)
4	DEN	49.51	(Sofie Olesen, Anna B. Olsson, Katrine Kristensen, Sif Hansen)
5	ISL	DNF	(Guðrún María Pétursdóttir, Helga Margrét Þorsteinnsdóttir, Stefania Valdimarsdóttir, Linda Björk Valbjörnsdóttir)

4x400 m relay		2 Sep	
1	NOR	3:44.23	(Kari Marte Brandt, Cecilie Benedicte Isern, Martine Eikemo Borge, Benedicte Hauge)
2	SWE	3:44.71	(Josefin Magnusson, Hanna Nilsson, Sofia Thorin, Sofia Hellberg-Jonsén)
3	FIN	3:52.90	(Eeva Kuusisto, Heidi Pappila, Saara Haanpää, Kristiina Auno)
4	DEN	4:02.24	(Ina Marie Hjort, Katrine Kristensen, Katrine Væsel, Ida Voss Jensen)
5			

Points	Women	Nation	Total
		SWE	218,5
		FIN	208,5
		NOR	182
		DEN/ISL	80

Nordic Race Walking Championships Long distances

Stockholm, SWE 7 Oct

Men			
	Senior	7 Oct	50km
1	Fredrik Svensson	SWE	4:06:03
2	Christer Svensson	SWE	4:29:43
	Ato Ibáñez	SWE	DQ
	Bengt Bengtsson	SWE	DNF

Women			
	Senior	7 Oct	20km
1	Siw Ibáñez	SWE	1:51:29
2	Sara Agemark	SWE	1:53:01
3	Anna Karrila	FIN	1:57:29
4	Kerstin B. Malm	SWE	2:02:23

Nordic Cross Country Championships

Södertälje, SWE 4 Nov

Men			
	Senior	4 Nov	8830m
1	Jussi Utriainen	FIN	27:39
2	Erik Sjöqvist	SWE	27:46
3	Øystein Sylta	NOR	27:48
4	Henrik Ahnström	SWE	27:59
5	Johan Wallerstein	SWE	28:03
6	Olle Walleräng	SWE	28:06
7	Konstantin Kuttilainen	FIN	28:12
8	Steen Walter	DEN	28.14

9 Per Jacobsen, SWE 28:20, 10 Juha Puttonen, FIN 28:21, 11 Jesper Faurschou, DEN 28:26, 12 Kristian Algers, SWE 28:29, 13 Bjørnar Ustad Kristensen, NOR 28:30, 14

Jonas Andersson, SWE 28:31, 15 Terje Aggvin, NOR 28:36, 16 Simo Wannas, FIN 28:41, 17 Lars Johansson, SWE 28:53, 18 Jon Preststulen, NOR 28:56, 19 Anders Ejby-Ernst, DEN 29:04, 20 Rune Fenne, NOR 29:23, 21 Jakob Hannibal, DEN 29:43, 22 Miika Takala, FIN 30:06, 23 Þorbergur Ingi Jónsson, ISL 30.26
Extra: Erik Emilsson, SWE 28:04, Thérance Mbonabirama, SWE 28:11, Fredrik Uhrbom, SWE 28:34, Peter Gross, SWE 28:37, Rachid Benjira, SWE DNF

Teams:

1 SWE 17p (Erik Sjöqvist, Henrik Ahnström, Johan Wallerstein, Olle Walleräng)
2 FIN 34p (Jussi Utriainen, Konstantin Kuttilainen, Juha Puttonen, Simo Wannas)
3 NOR 49p (Øystein Sylta, Bjørnar Ustad Kristensen, Terje Aggvin, Jon Preststulen)
4 DEN 59p (Steen Walter, Jesper Faurschou, Anders Ejby-Ernst, Jakob Hannibal)

U20		4 Nov	6030m
1	Sondre Nordstad Moen	NOR	19:07
2	Alexander Söderberg	SWE	19:08
3	Sindre Buraas	NOR	19:12
4	Andreas Åhwall	SWE	19:21
5	Lars Erik Malde	NOR	19:21
6	Lars Bakke	NOR	19:35
7	Jerker Lysell	SWE	19:37
8	Eric Senorski	SWE	19:48
9	Pekka Toivola, FIN 19:51, 10 Olle Kalered, SWE 19:52, 11 Martin Sørensen, DEN 19:53, 12 Steffen Falch Larsen, DEN 19:54, 13 Johan Hydén, SWE 20:07, 14 Ole Hesselbjerg, DEN 20:11, 15 Tom Erling Kårbø, NOR 20:12, 16 Miro Laurila, FIN 20:24, 17 Anton Danielson, SWE 20:40, 18 Morten Fransen, DEN 20:43, 19 Aku Nikander, FIN 20:50, 20 Joonas Lehtinen, FIN 21:15		

Teams:

1 NOR 9p (Sondre Nordstad Moen, Sindre Buraas, Lars Erik Malde)
2 SWE 13p (Alexander Söderberg, Andreas Åhwall, Jerker Lysell)
3 DEN 37p (Martin Sørensen, Steffen Falch Larsen, Ole Hesselbjerg)
4 FIN 44p (Pekka Toivola, Miro Laurila, Aku Nikander)

Women

	Senior	4 Nov	4630m
1	Kirsten Melkevik Otterbu	NOR	15:54
2	Lisa Blommé	SWE	16:10
3	Ida Nilsson	SWE	16:20
4	Ulrika Johansson	SWE	16.35
5	Lena Eliasson	SWE	16:39
6	Saara Skyttä	FIN	16:41
7	Laura Skyttä	FIN	16:42
8	Jorunn Rekkedal	NOR	16:44
9	Ida Fallesen, DEN 16:46, 10 Saara Pekkarinen, FIN 16:48, 11 Hanna Karlsson, SWE 16:49, 12 Maria Sig Møller, DEN 16:50, 13 Kjersti K. Danielsen, NOR 16:52, 14 Christin Johansson, SWE 16:57, 15 Kajsa Haglund, SWE 17:27, 16 Frida Rún Þórdardóttir, ISL 18:03, 17 Katrine Væsel, DEN 18:58		

Extra: Hanna Jonsson, SWE 17:21

Teams:

1 SWE 9p (Lisa Blommé, Ida Nilsson, Ulrika Johansson)
2 NOR 22p (Kirsten Melkevik Otterbu, Jorunn Rekkedal, Kjersti K. Danielsen)
3 FIN 23p (Saara Skyttä, Laura Skyttä, Saara Pekkarinen)
4 DEN 38p (Ida Fallesen, Maria Sig Møller, Katrine Væsel)

U20		4 Nov	4630m
1	Kristin Eikrem Engeset	NOR	16:32
2	Suvi Miettinen	FIN	16:55
3	Charlotte Sinclair	SWE	17:06
4	Janni Syrjälä	FIN	17:15
5	Mary Alenbratt	SWE	17:23
6	Therese Sjöström	SWE	17:25
7	Sanni Klemelä	FIN	17:27
8	Monika Kørre	NOR	17:31

9 Mari Mäki-Torkko, FIN 17:42, 10 Runa Skrove Falch, NOR 17:50, 11 Miriam Berg Hovda, NOR 17:52, 12 Sara Sjöqvist, SWE 17:54, 13 Íris Anna Skúladóttir, ISL 17:54, 14 Karin Svensson, SWE 17:59, 15 Kristin Brøndbo, NOR 18:22, 16 Johanna Olsson, SWE 18:33, 17 Marie M. Jacobsen, DEN 18:51, 18 Leah Donde, DEN 19:32, 19 Katrine Holtz, DEN 20:16

Extra: Sandra Lundberg, SWE 18:20, Sanna Mustonen, SWE 18:28, Maria Westher, SWE DNF

Teams:

1 FIN 13p (Suvi Miettinen, Janni Syrjälä, Sanni Klemelä)
2 SWE 14p (Charlotte Sinclair, Mary Alenbratt, Therese Sjöström)
3 NOR 19p (Kristine Eikrem Engeset, Monika Kørre, Ruba Skrove Falch)
4 DEN 54p (Marie M. Jacobsen, Leah Donde, Katrine Holtz)