

This year consists of the following competitions:

13.2	Uppsala, SWE	10 th Nordic Indoor Match
11.-12.6	Seinäjoki, FIN	47 th Nordic Junior Championships Combined Events
16.-17.7	Malmö, SWE	16 th Nordic U20 Match & Championships
16.-17.7	Malmö, SWE	11 th Nordic U23 Championships
20.-21.8	Bollnäs, SWE	1 st Nordic Para Athletics Championships
6.11	Kristiansand, NOR	24 th Nordic Cross Country Championships

Nordic Indoor Match

IFU Arena, Uppsala, SWE 13 feb

Men

60 m				13 feb
1	Even Meinseth	NOR	6.72	
2	Samuli Samuelsson	FIN	6.73	
3	Odain Rose	SWE	6.79	
4	Erno Mehtonen	FIN	6.81	
5	Tobias G. Larsen	DEN/ISL	6.85	
6	Rasmus Klausen	DEN/ISL	6.85	
7	Mathias Hove Johansen	NOR	6.94	
8	Viktor Thor	SWE	7.01	

200 m				13 feb
Heat				
1	2	3		
1	1	Zion Eriksson	SWE	21.16
2	1	Mathias Hove Johansen	NOR	21.37
3	2	Andreas Haara Bakketun	NOR	21.58
4	3	Elias Aalto	FIN	21.63
5	1	Oskari Lehtonen	FIN	21.65
6	2	Rasmus O. Madsen	DEN/ISL	21.79
7	3	Desmond Rogo	SWE	21.82
2		Kasper Andersson	DEN/ISL	21.89

400 m				13 feb
Heat				
1	2			
1	1	Carl Bengtström	SWE	46.77
2	2	Håvard Bentsdal Ingvaldsen	NOR	47.09
3	1	Nick Ekelund-Arenander	SWE	47.64
4	3	Viljami Kaasalainen	FIN	47.67
5	2	Sixten Gustav L. Nielsen	DEN/ISL	47.71
6	3	Fredrik Øvereng	NOR	47.73
7	4	Konsta Alatupa	FIN	48.78
8	4	Luis Maillet	DEN/ISL	48.97

800 m				13 feb
1	Erik Martinsson	SWE	1:47.57	
2	Sigurd Tveit	NOR	1:49.33	
3	Joonas Rinne	FIN	1:49.98	
4	Felix Francois	SWE	1:50.67	
5	Niko Viljola	FIN	1:51.02	
6	Nicolai Trock Hartling	DEN/ISL	1:52.81	
7	Benjamin Olsen	NOR	1:55.08	
8	Elias Shifris	DEN/ISL	1:57.58	

Extra: Joakim Andersson, SWE DNF

1500 m				13 feb
1	Mats Hauge	NOR	3:43.69	
2	Samuel Pihlström	SWE	3:43.75	
3	Gustav Berlin	SWE	3:44.71	
4	Fredrik Sandvik	NOR	3:46.08	
5	Nick Rostgaard Jensen	DEN/ISL	3:46.62	
6	Eero Saleva	FIN	3:46.85	

7	Konsta Hämäläinen	FIN	3:56.53
8	Markus Kirk Kjeldsen	DEN/ISL	4:07.32

Extra: Johan Eriksson, SWE DNF

3000 m				13 feb
1	Jonathan Grahn	SWE	7:54.66	
2	Per Svela	NOR	7:54.72	
3	Bjørnar Sandnes Lillefosse	NOR	7:57.83	
4	Eemil Helander	FIN	8:01.17	
5	Hlynur Andresson	DEN/ISL	8:06.66	
6	Alexander Nilsson	SWE	8:09.84	
7	Ossi Kekki	FIN	8:14.19	
	Mikael Johnsen	DEN/ISL	DNF	

Extra: Axel Djurberg, SWE DNF

60 m hurdles				13 feb
1	Ilari Manninen	FIN	7.77	
2	Max Hrelja	SWE	7.89	
3	Santeri Kuusiniemi	FIN	7.90	
4	Anton Levin	SWE	7.98	
5	Gjert Høie Sjursen	NOR	8.19	
6	Sebastian Sund Frandsen	DEN/ISL	8.20	
7	Sander Aae Skotheim	NOR	8.32	
8	Andreas Christoffersen	DEN/ISL	8.45	

High jump				13 feb
1	Fabian Delryd	SWE	2.14	
2	Daniel Kosonen	FIN	2.14	
3	Sander Aae Skotheim	MOR	2.14	
4	Mads Moos Larsen	DEN/ISL	2.11	
5	Matias Mustonen	FIN	2.11	
6	Melwin Lycke Holm	DEN/ISL	2.07	
7	William Kollberg	NOR	1.82	
8	Sebastian Sund Frandsen	DEN/ISL	1.75	

Series	1.68	1.75	1.82	1.89	1.94	1.99	2.03	2.07	2.11	2.14	2.17
1											xxx
2											xxx
3											xxx
4											xxx
5											xxx
6											xxx
7											xxx
8											xxx

Pole vault				13 feb
1	Pål Haugen Lillefosse	NOR	5.83	
2	Juho Alasaari	FIN	5.52	
3	Tommi Holttinen	FIN	5.21	
4	Robin Jacobsson	SWE	5.21	
5	Marcus Nilsson	SWE	5.01	
6	Philip Andreas Kubon	NOR	4.91	
7	Nikolaj Grønbech	DEN/ISL	4.91	
8	Mikkel Ringsted	DEN/ISL	4.76	

Series	4.61	4.76	4.91	5.01	5.11	5.21	5.28	5.42	5.52	5.62	5.83	5.90
1												xxx
2												xxx
3												xxx
4												xxx
5												xxx
6												xxx
7												xxx

8 XO O XXX

Long jump

13 feb

1	Thobias Montler	SWE	7.93
2	Henrik Flåtnes	NOR	7.79
3	Ingar Bratseth-Kiplesund	NOR	7.54
4	Sebastian Ree Pedersen	DEN/ISL	7.54
5	Kasper Larsen	DEN/ISL	7.48
6	Karim Echahid	FIN	7.26
7	Otto Pulkkinen	FIN	7.20
8	Joakim Hellbratt	SWE	7.13

Series	1	2	3	4	5	6
1	7.91	X	X	X	7.93	X
2	7.48	7.55	X	7.69	X	7.79
3	7.43	7.52	7.54	X	7.37	7.38
4	7.45	7.36	7.47	7.44	7.43	7.54
5	7.02	7.49	X	7.37	r	
6	7.00	7.13	5.36	7.04	6.92	7.26
7	7.20	7.09	5.38	X	X	X
8	6.91	7.01	7.13	X	7.12	6.72

Triple jump

13 feb

1	Gabriel Wallmark	SWE	16.11
2	Topias Koukkula	FIN	15.93
3	Sander Aae Skotheim	NOR	15.84
4	Jesper Hellström	SWE	15.67
5	Aaro Davidila	FIN	15.55
6	Elias Sanden Søvik	NOR	14.95
7	Torur Mortensen	DEN/ISL	14.59
8	Massin Alt Bouzlad	DEN/ISL	13.79

Series	1	2	3	4	5	6
1	15.50	15.60	X	15.74	16.11	X
2	15.44	15.82	15.62	X	X	15.93
3	15.26	X	-	15.34	15.78	15.84
4	X	14.94	X	14.99	15.33	15.67
5	15.14	15.33	15.29	15.12	X	15.55
6	14.57	X	X	14.68	X	14.95
7	X	13.26	14.59	13.04	13.21	13.66
8	13.52	X	X	13.79	r	

Shot put

13 feb

1	Marcus Thomsen	NOR	20.74
2	Wictor Pettersson	SWE	19.46
3	Victor Gardenkrans	SWE	18.21
4	Gudni Valur Gudnason	DEN/ISL	17.66
5	Panu Tirkkonen	FIN	17.10
6	Casper Jørgensen	DEN/ISL	16.36
7	Mikko Toiviainen	FIN	15.80
8	Thomas Mardal	NOR	15.67

Series	1	2	3	4	5	6
1	20.74	20.68	20.53	20.02	29.47	20.35
2	19.46	19.04	18.94	18.70	19.23	18.95
3	17.87	18.18	18.21	17.91	X	18.05
4	X	17.33	X	X	17.08	17.66
5	V	17.10	16.75	16.76	16.88	17.04
6	16.36	X	X	X	X	16.24
7	X	X	X	X	X	15.80
8	15.34	15.23	X	15.67	X	X

Weight throw

13 feb

1	Ragnar Carlsson	SWE	23.12
2	Henri Liipola	FIN	22.81
3	Eivind Henriksen	NOR	22.75
4	Thomas Mardal	NOR	22.31
5	Hilmar Orn Jonsson	DEN/ISL	21.96
6	Hugo Sörby	SWE	18.95
7	Roope Auvinen	FIN	18.84
8	Stefan Lehnert	DEN/ISK	17.90

Series	1	2	3	4	5	6
1	22.30	23.12	X	22.35	22.78	22.12
2	X	22.81	21.76	X	22.49	X
3	X	X	22.15	X	22.10	22.75
4	22.31	X	X	21.84	X	22.23
5	18.57	21.49	X	21.96	X	21.63

6	X	18.92	18.95	X	X	18.95
7	18.38	X	X	18.84	X	18.05
8	17.90	17.82	X	17.68	X	17.86

No relay. Decided by Nordic Congress.

Points Men	Nation	Total
	SWE	154
	NOR	139
	FIN	120
	DEN/ISL	67

Women

60 m

13 feb

1	Claudia Payton	SWE	7.31
2	Mathilde U. Kramer	DEN/ISL	7.36
3	Helene Rønningen	NOR	7.37
4	Johanna Kylmänen	FIN	7.43
5	Julia Henriksson	SWE	7.44
6	Astrid Glenner Frandsen	DEN/ISL	7.46
7	Vulde Humstad Aasmo	NOR	7.49
8	Merituuli Jääskeläinen	FIN	7.52

200 m

13 feb

Heat				
1	2	3		
1	1	Ida Karstoft	DEN/ISL	23.22
2	2	Lisa Lilja	SWE	23.86
3		1 Aino Pulkkinen	FIN	24.06
4	1	Anniina Kortetmaa	FIN	24.06
5	2	Elvira Tanderud	SWE	24.06
6		2 Marte Pettersen	NOR	24.15
7		3 Gudbjorg J. Bjarnadottir	DEN/ISL	24.30
8	3	Maren Bakke Amundsen	NOR	24.53

400 m

13 feb

		Heat			
	1	2			
1	1		Linn Oppegaard	NOR	54.15
2	2		Mette Baas	FIN	54.22
3	1		Astri Lakeri Ayo Ertzgaard	NOR	54.30
4	2		Milja Thureson	FIN	54.43
5	3		Linnea Frobe	SWE	54.49
6	3		Annemarie Nissen	DEN(ISL	54.68
7	4		Matilda Hellqvist	SWE	55.18
	4		Anne Sofie Kirkegaard	DEN/ISL	55.81

800 m

13 feb

1	Sara Kuivisto	FIN	2:02.64
2	Lova Perman	SWE	2:04.38
3	Julia Svennblad	SWE	2:07.15
4	Eveliina Määttä	FIN	2:07.42
5	Amnada Marie Grefstad Frøynes	NOR	2:09.67
6	Marie Falkebo Jensen	DEN/ISL	2:15.63
7	Emma Stentz Hansen	DEN/ISL	2:16.06
	Malin Nyfors	NOR	DNF

Extra. Tyra Landin, SWE DNF

1500 m

13 feb

1	Sara Christiansson	SWE	4:18.68
2	Ilona Mononen	FIN	4:19.69
3	Caroline Högardh	SWE	4:20.24
4	Christina Maria Toogood	NOR	4:21.33
5	Ina Halle Haugen	NOR	4:23.96
6	Mathilde Diekema	DEN/ISL	4:29.13
7	Emma Kiplakat Kondrup	DEN/ISL	4:37.27
9	Kaisa Honkaharju	FIN	4:38.93

Extra: Madeleine Björln-Delmar, SWE DNF

3000 m			
		13 feb	
1	Sofia Thøgersen	DEN/ISL	9:16.09
2	Sigrid Jervell Våg	NOR	9:18.80
3	Nathalie Blomqvist	FIN	9:19.27
4	Kaisa Kankaanranta	FIN	9:29.79
5	Helene Svane	DEN/ISL	9:30.05
6	Emma Dahl	SWE	9:34.76
7	Nora Lundin	SWE	9:37.20
8	Grethe Tyldum	NOR	9:42.52

Extra: Sara Trané, SWE DNF

60 m hurdles			
		13 feb	
1	Mette Graversgaard	DEN/ISL	8.08
2	Mathilde Heltbech	DEN/ISL	8.09
3	Julia Wennersten	SWE	8.17
4	Andrea Rooth	NOR	8.31
5	Anni Siirtola	FIN	8.47
6	Jenna Vakkilainen	FIN	8.54
7	Marlen Aakre	NOR	8.79
8	Lovisa Karlsson	SWE	10.34

High jump			
		13 feb	
1	Louise Ekman	SWE	1.86
2	Heta Tuuri	FIN	1.84
3	Sini Lällä	FIN	1.82
4	Eva Maria Baldirsdóttir	DEN/ISL	1.76
5	Matilda Nilsson	SWE	1.76
=6	Hedvig Kallåk	NOR	1.68
=6	Caroline Fleischer	NOR	1.68
8	Nikoline Lybæk Petersen	DEN	1.63

Series	1.53	1.58	1.63	1.68	1.73	1.76	1.79	1.82	1.84	1.86	1.88
1											
2											
3											
4											
5											
76											
=6											
8											

Pole vault			
		13 feb	
1	Caroline Bonde Holm	DEN/ISL	4.44
2	Saga Andersson	FIN	4.39
3	Lene Onsrud Retzius	NOR	4.32
4	Silja Andersson	FIN	4.25
5	Line Renée Hyde	DEN/ISL	4.14
6	Michaela Meijer	SWE	4.03
7	Linnea Jönsson	SWE	4.03
8	Kitty Augusta Friele Faye	NOR	3.71

Series	3.71	3.87	4.03	4.14	4.25	4.32	4.39	4.44	4.50
1									
2									
3									
4									
5									
6									
7									
8									

Long jump			
		13 feb	
1	Tilde Johansson	SWE	6.53
2	Karolina Svensson	SWE	6.28
3	Ida Boe Rasmussen	DEN/ISL	6.15
4	Mia Guldteig Lien	NOR	6.09
5	Emma Beiter Bomme	DEN/ISL	5.99
6	Thale Leirfall Bremset	NOR	5.98
7	Neea Käyhkö	FIN	5.87
8	Taika Koilahti	FIN	5.72

Series	1	2	3	4	5	6
1	6.07	5.98	6.17	X	6.18	6.53
2	X	X	X	6.28	6.16	6.01
3	X	5.68	6.04	X	X	6.15
4	6.08	X	X	5.99	6.09	6.05
5	5.85	5.53	5.99	X	X	r
6	5.98	X	5.91	5.92	X	X
7	5.72	5.87	5.82	5.79	5.64	4.52
8	5.61	5.72	5.72	5.47	5.60	4.42

Triple jump			
		13 feb	
1	Rebecka Abrahamsson	SWE	13.51
2	Maja Åskag	SWE	13.26
3	Janne Nielsen	DEN/ISL	13.15
4	Hedda Kronstrand Kvalvåg	NOR	13.10
5	Sini Sanaslahti	FIN	12.88
6	Kira Kytölä	FIN	12.78
7	Isabell Paprotny	DEN/ISL	12.72
8	Rachel Ombeni	NOR	12.47

Series	1	2	3	4	5	6
1	12.78	13.05	X	13.33	13.19	13.51
2	X	13.26	13.03	X	X	12.75
3	13.14	12.98	13.08	X	13.15	12.92
4	X	12.66	12.73	12.77	12.88	13.10
5	12.40	12.16	12.57	12.88	12.47	X
6	12.66	12.40	12.50	12.71	12.78	X
7	X	12.60	X	12.72	r	
8	12.14	12.47	X	12.41	12.33	X

Shot put			
		13 feb	
1	Fanny Roos	SWE	18.86
2	Senja Mäkitörmä	FIN	16.43
3	Frida Åkerström	SWE	16.31
4	Kaisa Kymäläinen	FIN	15.63
5	Nikoline Skifter Andersen	DEN/ISL	14.26
6	Maria Sløk Hansen	DEN/ISL	13.92
7	Hanna Emilie Hjeltnes	NOR	13.34
8	Oda Marie Myklebus	NOR	9.95

Series	1	2	3	4	5	6
1	18.10	18.28	18.85	18.69	X	18.86
2	16.43	X	16.16	X	X	16.19
3	16.04	X	X	15.75	X	16.31
4	X	15.19	X	X	15.40	15.63
5	14.26	13.82	13.94	13.90	14.02	14.10
6	13.55	13.92	13.59	X	X	13.83
7	12.56	13.34	12.92	X	12.55	X
8	9.44	9.74	X	9.91	9.62	9.95

Weight throw			
		13 feb	
1	Silja Kosonen	FIN	21.51
2	Grete Ahlberg	SWE	21.38
3	Sara Forsell	SWE	20.64
4	Katrine Koch Jakobsen	DEN/ISL	20.31
5	Elisabeth Rut Runarsdóttir	DEN/ISL	19.98
6	Suvi Koskinen	FIN	19.18
7	Sarah-Christine Kouame Mikkelsen	NOR	16.33
8	Oda Marie Myklebust	NOR	14.81

Series	1	2	3	4	5	6
1	20.14	X	X	21.51	21.03	X
2	19.47	20.23	20.40	20.48	21.38	21.01
3	20.33	20.54	20.25	20.63	20.29	20.64
4	18.72	20.31	19.74	X	X	X
5	17.14	18.43	19.52	19.70	19.98	19.19
6	17.85	19.18	X	X	X	X
7	15.75	X	15.74	16.33	15.68	15.61
8	13.20	14.61	13.26	X	14.81	14.11

No relay. Decided by Nordic Congress.

Points Women	Nation	Total
	SWE	148
	FIN	128
	DEN/ISL	117
	NOR	87

Nordic Junior Championships Combined Events

Seinäjoki, FIN 11-12 Jun

Men

U23 Decathlon

1	Christian Gundersen	DEN	7.513
2	Gjert Høie Sjursen	NOR	7.299
3	Nikolaj Grønbech	DEN	7.241
4	Juuso Toivonen	FIN	7.228
5	Petri Ihander	FIN	7.128
6	Anders Gustafsson	SWE	7.046
7	Dagur Fannar Einarsson	ISL	6.695
8	Jonas N. Bjerremund	DEN	6.651

Ísak Ólli Traustason, ISL DNF, Huuso Hassi, 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	11.03w	6.79	13.27	1.89	49.53	14.88	43.33	4-70	48.46	4:38.76
	+2,1	+0,7			+1,8					
2	10.70w	7.06	13.05	1.83	49.59	14.73	40.67	3.80	51.39	4:44.25
	+2,1	+1,1			+1,8					
3	11.34	6.63w	12.60	1.86	51.33	15.74	40.16	4.70	58.29	4:38.27
	+1,3	+2,5			+1,1					
4	11.04	7.14w	12.25	1.95	40.83	15.81	36.58	4.50	49.60	4:40.05
	+1,3	+2,3			+1,1					
5	10.90w	6.72	12.37	1.77	51.27	15.27	35.55	4.50	57.78	4:44.42
	+2,1	+1,3			+1,8					
6	11.24w	6.63	12.63	1.83	52.61	14.81	35.87	4.40	53.93	4:39.51
	+2,1	+0,7			+1,8					
7	11.14w	6.29	11.55	1.80	50.86	16.08	35.97	4.10	48.75	4:35.01
	+2,1	+0,9			+1,8					
8	11.61	6.16	13.53	1.89	53.34	15.56	33.55	4.10	48.87	4:38.02
	+1,3	+1,4			+1,1					
	11.02	6.24	13.28	1.80	51.18	DNF				
	+1,3	+1,5								
	10.96w	6.90	DNF							
	+2,1	+1,7								

U20 Decathlon

1	Joonas Laioinkero	FIN	7.170
2	Malte Fuschs Edberg	SWE	7.091
3	Viktor Rydåker	SWE	6.936
4	Sofus Olivarius Vølund	DEN	6.890
5	Miro Tanninen	FIN	6.751
6	Malte Bank	DEN	6.738
7	Gaute Aasmo	NOR	6.038

Sebastian Højriis Monneret, DEN DNF, Sondre Jahren, NOR DNF, Vincent Arousell, SWE 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	6.84w	12.99	1.77	50.16	14.30w	37.43	4.00	55.11	4:39.12
	+1,0	+3,3			+3,7					
2	11.35w	6.61	13.15	1.86	51.11	14.29w	42.25	4.30	43.87	4:50.08
	+2,4	+1,5			+3,7					
3	11.54w	6.44w	14.12	1.80	52.41	15.64	42.08	4.50	43.53	4:36.31
	+2,4	+2,8			+3,7					
4	11.15	6.44	13.88	1.92	50.61	15.06w	38.42	3.80	52.24	5:14.08
	+1,0	+1,5			+3,7					
5	11.51w	6.55w	13.17	1.80	50-78	15.96w	35.32	4.30	56.86	5:12.87
	+2,4	+3,1			+3,7					
6	11.11	6.85w	12.84	1.80	50.90	15.53w	39-02	3.70	45.56	4:57.24
	+1,0	+2,9			+3,7					
7	11.23w	6.24w	10.41	1.74	52.22	15.74w	28.51	3.60	39.08	4:44.48
	+2,4	+3,1			+3,7					
	11.38	NM	DNF							
	+1,0									
	11.74w	NM	14.85	1.80	DNF					
	+2,4									
	11.13	6.66w	18.51	1.95	51.48	16.05w	NM	DNF		
	+1,0	+3,8			+3,7					

U18 Decathlon

1	Lars Göransson	SWE	7.371
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2	Victor Törnström	SWE	7.295
3	Erik Larripa Taxell	SWE	7.099
4	Aleksi Hilska	FIN	6.516
5	Adam Sandbjerg Lind	DEN	6.315
6	Olavi Halonen	FIN	6.044
7	Markus Birgisson	ISL	5.999
8	Joel Enander	SWE	5.777

9 Martin Beitnes Kreken, NOR 5.764, 10 Nikolai Stavik Moshagen, NOR 5.718, Lassi Naikki, FIN DNF, Simen Johan Teigstad, NOR 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	6.93w	15.18	1.87	51.69	15.19w	43.76	4.00	55.61	4:35.49
	+1,9	+2,7			+2,2					
2	10.94	6.98w	13.42	1.75	49.13	14.64w	37.22	4.40	45.15	4:32.32
	+1,9	+2,5			+2,8					
3	11.64	6.77	13.47	1.90	52.42	14.62w	40.09	4.20	49.38	4:39.14
	+1,9	+2,9			+2,2					
4	11.84	6-56w	12.98	1.78	57.05	15.45w	34.30	4.00	65.02	5:01.64
	+1,9	+2,3			+2,8					
5	11.29	6.39	11.58	1.69	53.34	14.86w	39.32	3.60	42.12	4:59.83
	+1,9	+1,5			+2,8					
6	12.44	5.82w	12.81	1.69	56.23	16.07w	43.79	4.30	43.12	5:05.00
	+1,9	+2,9			+2,8					
7	11.75	5.88w	10.80	1.84	55.04	15.52w	35.42	3.60	44.76	4:59.08
	+1,9	+2,4			+2,8					
8	11.22	6.37	2.04	1.75	51.02	14.38w	33.55	4.40	18.62	DNF
	+1,9	+1,4			+2,8					
9	12.17	5.89w	10.92	1.66	55.99	17.33w	38.56	3.80	51.87	4:58.82
	+1,9	+3,1			+2,2					
10	11.87	6.00w	12.13	1.78	54.69	16.19w	33.76	2.90	42.04	4:59.19
	+1,9	+2,5			+2,8					
	16.97	DNF								
	+1,9									
	11.91	6.27w	11.35	1.72	DNF					
	+1,9	+2,6								

Women

U23 Heptathlon

1	Amanda Liljendal	FIN	5.535
2	Erika Wärff	SWE	5.514
3	Angel Richmore	SWE	5.324
4	Nickoline Skifter Andersen	DEN	5.249
5	Jessica Rautelin	FIN	5.238
6	Maria Run Gunnlaugsdottir	ISL	5.160
7	Jenette Hanski	FIN	5.045
8	Nikoline Lybæk Petersen	DEN	5.007

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

1	14.36w	1.80	12.39	25.56	5.88w	46.45	2:25.98
	+2,1			-1,5	+5,4		
2	14.48w	1.2	12.34	26.05	5.63w	44.96	2:25.91
	+2,1			-1,5	+3,8		
3	14.84w	1.66	12.49	26.60	5.68	45.50	2:30.22
	+2,1			-1,5	+1,5		
4	15.43w	1.54	13.94	25.56	5.53w	41.91	2:24.94
	+2,1			-1,5	+3,0		
5	14.31w	1.60	10.23	25.99	5.61	36.55	2:15.11
	+2,1			-1,5	+2,0		
6	14.50w	1.63	11.67	26.14	5.41w	38.26	2:25.66
	+2,1			-1,5	+2,1		
7	14.75w	1.57	13.29	27.34	5.21w	39.18	2:24.10
	+2,1			-1,5	+2,5		
8	14.69w	1.63	10.94	26.28	5.52w	38.93	2:34.66
	+2,1			-1,5	+2,4		

U20 Heptathlon

1	Vilma Väliharju	FIN	5.257
2	Karla Schärfe	DEN	5.229
3	Josefine Skifter Andersen	DEN	5.117
4	Vilma Itälinna	FIN	5.076
5	Emmi Valtonen	FIN	5.025
6	Justina Esangbedo	SWE	4.938

7	Betty Marie Ramsgaard Jensen	DEN	4.837
8	Anni Nurminen	FIN	4.776
9 Miranda Lauvstad, NOR 4.650, 10 Laura Fodor, SWE 4.649, 11 Anna Solheim, NOR 4.268, Ebba Hedberg, SWE DNF			
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)			
1	13.80 1.60 11.32 25.87 5.61w 32.18 2:18.90		
	+1,1 -1,4 +3,4		
2	14.58 1.72 11-76 27.43 5.46w 43.18 2:28.26		
	+1,1 -1,4 +2,7		
3	14.47 1.66 11.48 26.52 5.89w 36.28 2:37.04		
	+1,5 -1,4 +2,2		
4	13.96 1.63 10.04 25.96 5.56 33.05 2:26.61		
	+1,1 -3,8 +1,7		
5	14.15 1.60 11.31 25.88 5.53w 32.39 2:31.30		
	+1,1 -3,8 +2,7		
6	14.79 1.54 13.02 26.53 5.75 37.80 2:44.43		
	+1,5 -3,8 +1,5		
7	15.05 1.51 11.07 26.19 5.52w 30.75 2:22.32		
	+1,5 -3,8 +5,6		
8	14.85 1.54 10.91 26.30 5.39w 28.19 2:23.42		
	+1,5 -1,4 +2,8		
9	15.28 1.51 8.38 25.42 5.76w 24.37 2:22.26		
	+1,5 -3,8 +3,7		
10	15.44 1.57 9.98 27.05 5.45w 28.19 2:21.81		
	+1,1 -3,8 +2,6		
11	15.28 1.51 10.04 26.73 4.38w 30.42 2:30.87		
	+1,1 -1,4 +2,3		
	15.22 1.69 11.15 DNF		
	+1,5		

U18 Heptathlon

1	Doris Theander	SWE	5.293
2	Alva Back	SWE	5.251
3	Jenna Vakkilainen	FIN	5.049
4	Sara-Sofia Hyvönen	FIN	5.026
5	Susanne Tveit Amundsen	NOR	5.019
6	Jamila Isman	NOR	5.014
7	Iida Kujanpää	FIN	4.942
8	Ísold Sævarsdóttir	ISL	4.872
9 Sunniva Indahl, NOR 4.825, 10 Lisa Mårtensson, SWE 4.760, 11 Wilma Nilsson, SWE 4.735, 12 Aino Aalto, FIN 4.519, 13 Rebekka Kordon, DEN 4.101			
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)			
1	14.42 1.66 12.77 26.61 5.67 39.57 2:29.33		
	+1,4 -1,7 +1,6		
2	14.69 1.66 12.63 26.81 5.18 40.73 2:18.06		
	+1,4 -1,7 -0,3		
3	13.70 1.51 11.90 26.42 5.56w 31.80 2:25.32		
	+1,4 -2,2 +3,3		
4	14.47 1.63 12.33 26.92 5.42w 37.23 2:33.51		
	+0,9 -1,7 +3,0		
5	14.69 1.48 11.62 26.41 5.51 35.61 2:17.86		
	+0,9 -2,2 +1,9		
6	14.38 1.60 10.99 26.42 5.62w 28.84 2:21.36		
	+0,9 -2,2 +3,2		
7	14.41 1.51 13.83 26.95 5.18w 35.52 2:29.48		
	+1,4 -2,2 +2,6		
8	14.55 1.57 11.03 26.64 5.34w 26.04 2:16.33		
	+1,4 -2,2 +3,3		
9	14.28 1.57 11.95 26.49 5.61w 22.72 2:29.43		
	+1,4 -1,7 +5,7		
10	14.73 1.60 11.54 26.75 5.49 20.07 2:22.11		
	+0,9 -2,2 +2,0		
11	15.60 1.54 13.70 28.02 5.27w 39.78 2:37.24		
	+0,9 -1,7 +2,7		
12	15.47 1.66 12.03 28.84 4.91w 41.94 2:40.07		
	+0,9 -1,7 +3,1		
13	15.31 1.51 10.32 28.08 5.08w 25.88 2:45.37		
	+1,4 -2,2 +2,4		

Nordic U20 Match & Championships

Malmö Stadion, Malmö, SWE 16-17 Jul

Men			
100 m			
		16 Jul	+1,2
1	Niko Kangasoja	FIN	10.47
2	Erik Erlandsson	SWE	10.50
3	Valtteri Louko	FIN	10.54
4	Viktor Wall	SWE	10.76
5	Christian Nørskov	DEN/ISL	10.85
6	Sander Werge Nilsen	NOR	10.88
7	Valentin Jensen	DEN/ISL	10.98
8	Johannes S. Gulbrandsen Lunde	NOR	11.00
200 m			
		17 Jul	0,0
1	Erik Erlandsson	SWE	20.97
2	Kenny Emi Tijani-Ajayi	NOR	21.16
3	Niko Kangasoja	FIN	21.24
4	Valtteri Louko	FIN	21.54
5	Anthony Vilhjálmur Vilhjálmsson	DEN/ISL	21.86
6	Isak Holgersson	SWE	21.93
7	Thomas Strønstad-Løseth	NOR	22.15
8	Christian Andersson	DEN/ISL	22.82
400 m			
		16 Jul	
1	Andreas Grimerud	NOR	47.38
2	Alexander Nyström	SWE	48.04
3	Alexander Pilgrim	SWE	48.82
4	Luis F. Maillet	DEN/ISL	49.31
5	Thomas Strønstad-Løseth	NOR	49.67
6	Benjamin Lee	FIN	49.77
7	Jonas Gunnleivsson Isaksen	DEN/ISL	49.89
8	Smauli Takkunen	FIN	50.92
800 m			
		17 Jul	
1	Jonathan Sigvardsen	DEN/ISL	1:54.60
2	Benjamin Lee	FIN	1:54.70
3	Alexander Nyström	SWE	1:54.71
4	Veikko Korpikallio	FIN	1:55.17
5	Benjamin Olsen	NOR	1:55.67
6	Valter Kjellberg	SWE	1:55.68
7	John Petter Stevik	NOR	1:56.66
8	Rasmus Jæger	DEN/ISL	1:58.26
1500 m			
		16 Jul	
1	Esten Hansen-Møllerud Hauen	NOR	3:54.99
2	Jonathan Gran	SWE	3:55.02
3	Benjamin Olsen	NOR	3:59.36
4	Malthe Bøgebjerg	DEN/ISL	4:00.63
5	Jonas Magnusson	SWE	4:00.85
6	Samuel Emil Gobina Sigala	DEN/ISL	4:01.72
7	Veikko Korpikallio	FIN	4:04.24
8	Joel Vuohtoniemi	FIN	4:19.10
5000 m			
		16 Jul	
1	Mikko Kauppinen	FIN	14:58.90
2	Mikkel Blikstad Thomassen	NOR	14:58.93
3	Victor Tvistholm Jørgensen	DEN/ISL	15:06.14
4	August da Silva Sveen	NOR	15:08.90
5	Arash Ahmad Gul	FIN	15:10.74
6	Joakim Bertelsen	DEN/ISL	15:47.97
7	Lukas Jakobsson	SWE	15:48.30

8 Nils Holm SWE 16:33.66

110 m hurdles

17 Jul +1,8

1 Markus Moberg SWE 13.77

2 Arvid Wandesjö SWE 14.10

3 Joonas Lapinkero FIN 14.11

4 Jonathan Hertwig-Ødegaard NOR 14.43

5 Julian Skimmeland Aasheim NOR 14.69

6 Sofus Peter Lassen DEN/ISL 17.18

Juho Koivisto FIN DNF

Noah Birk Meissner DEN/ISL DQ

400 m hurdles

16 Jul

1 Joonas Lapinkero FIN 52.31

2 Jaakko Linnus FIN 53.81

3 Olle Billgren SWE 54.91

4 Aiden Vincent NOR 56.48

5 Tobias Roed Garza DEN/ISL 56.84

6 Sigurd Clementsen NOR 57.33

7 Niach Bucht Wesslen SWE 58.06

8 Robias Feldborg Nielsen DEN/ISL 62.03

3000 m steeplechase

17 Jul

1 Vebjørn Hovdejord NOR 9:07.57

2 Vegard Warnes NOR 9:10.22

3 Oscar Nyström FIN 9:36.85

4 Nils Olsson SWE 9:36.87

5 Albin Gazelius SWE 10:00.53

FIN DNS

DEN/ISL DNS

DEN/ISL DNS

5000 m race walking

17 Jul

1 Jonathan Ekberg FIN 22:23.91

2 Andreas Døske NOR 23:39.29

3 Carl-Filip Kold Johansson SWE 26:46.81

Sajan Irincheev FIN DNS

High jump

17 Jul

1 Melwin Lycke Holm SWE 2.16

2 Elias Óli Hilmarsson DEN/ISL 2.06

3 Adam Svensson SWE 2.00

4 Teodor Heldal NOR 2.00

5 Johan Grönroos FIN 2.00

6 Tobias Heldal NOR 1.90

7 Jonas Strunge DEN/ISL 1.80

8 Joonas Lapinkero FIN 1.75

Series	1.75	1.80	1.85	1.90	1.95	2.00	2.03	2.06	2.09	2.12	2.16	2.20
1				o	o	o	xo	xo	o	o	xxo	xxx
2			o	o	o	o	xo	xo	o	xxx		
3			o	o	o	o	xxx					
4		o	o	xo	xo	o	xxx					
5			o	o	o	xxo	xxx					
6	o	xo	o	xxo	xxx							
7	o	o	xxx									
8	xo	xxx										

Pole vault

16 Jul

1 Juha Alasaari FIN 5.00

2 Teodor Borgius FIN 5.00

3 Philip Andreas Kubon NOR 4.80

4 William Asker SWE 4.70

5 Sebastian Hovland NOR 4.60

6 Eerik Mäkelä FIN 4.60

7 Sebastian Monneret DEN/ISL 4.40

8 Julius Haansbæk Mortensen DEN/ISL 4.00

Series	4.00	4.20	4.40	4.60	4.70	4.80	5.00	5.10	5.20
1							xo	-	xxx
2				o	-	o	xxo	xxx	
3				o	-	xo	xxx		
4					o	-	xxx		
5				xo	-	xxx			
6			xxo	xo	xxx				
7	o	o	o	xxx					
8	o	xxx							

Long jump

16 Jul

1 Jacob Thelander SWE 7.60

2 Eetu Jokela FIN 7.37

3 Arttu Tauriainen FIN 7.23

4 Sebastian Berntsen NOR 7.13

5 Carl Bruce Aabo DEN/ISL 7.10

6 Noa Skomorowski SWE 7.08

7 Christian Thomassen NOR 6.94

8 Eiri J. Glerfoss DEN/ISL 6.71

Series	1	2	3	4	5	6
1	7.22 +3,3	X	7.49 +2,8	7.60 +3,4	X	X
2	X	7.37 +5,1	7.12 +3,8	7.24 +3,2	7.06 +1,5	X
3	7.07 +4,9	7.23 +3,3	7.06 +1,6	X	7.07 +2,1	7.17 +5,0
4	6.89 +3,5	7.07 +3,1	7.13 +3,5	6.95 +2,2	6.74 +4,3	7.10 +5,1
5	6.74 +2,9	6.82 +4,5	7.10 +2,5	6.83 +2,4	X	X
6	7.08 +3,8	X	X	X	5.46 +2,8	X
7	X	6.94 +2,6	X	X	6.93 +3,5	X
8	3.82 +2,5	X	6.71 +5,0	X	X	X

Triple jump

17 Jul

1 Christian Thomassen NOR 14.81

2 Miro Tanninen FIN 14.71

3 Aron Swartz SWE 14.38

4 Nils Thorin SWE 14.08

5 Guðjón Dunbar Diaquoi DEN/ISL 14.00

6 Deshawn Holopainen FIN 13.89

7 Johannes S. Gulbrandsen Lunde NOR 12.81

Dhruv Mehrotra DEN/ISL NM

Series	1	2	3	4	5	6
1	14.34 +1,7	X	X	14.81 +2,5	14.42 +1,5	X
2	13.70 +2,7	14.28 +1,8	X	14.71 +3,2	X	X
3	X	14.28 +1,7	X	13.88 +0,1	X	X
4	X	X	11.56 +1,9	14.08 +1,6	13.64 +1,4	13.70 +2,6
5	14.00 +1,7	13.82 +1,8	X	13.82 +0,3	X	X
6	X	X	-	13.48 +3,2	13.89 +2,5	X
7	12.81 +1,7	12.01 +2,2	12.19 +0,1	X	12.52 +0,9	12.65 +1,1
	X	X	X	X	X	X

Shot put

16 Jul

1 Jesper Ahlin SWE 18.93

2 Leo Zikovic SWE 17.63

3 Mathias Andreas Reksten Dale NOR 17.39

4 Henrik Vesterlid NOR 17.35

5 Mads Krogsgaard Nielsen DEN/ISL 17.29

6 Linus Nurminen FIN 16.63

7 Miika Lahtonen FIN 16.39

8 Max Kørner Andersen DEN/ISL 14.96

Series	1	2	3	4	5	6
1	18.44	18.87	18.48	18.72	X	18.93

2	17.61	17.42	X	X	X	17.63
3	X	X	17.20	17.39	17.08	16.73
4	X	17.17	17.15	17.35	X	X
5	X	X	X	16.59	17.29	X
6	14.55	15.50	16.25	16.50	16.63	16.51
7	16.18	15.75	X	X	16.21	16.38
8	14.68	14.47	14.31	13.17	14.96	14.63

Discus throw

17 Jul

1	Steffen Melheim	NOR	58.48
2	Jesper Ahlin	SWE	56.16
3	Håkon Hansesæter	NOR	54.91
4	Juho Suominen	FIN	53.93
5	Teo Paganus	SWE	50.24
6	Miika Lahtonen	FIN	48.28
7	Mads Krosgaard Nielsen	DEN/ISL	45.79
8	Bjarni Hauksson	DEN/ISL	40.20

Series	1	2	3	4	5	6
1	57.98	X	58.48	X	58.13	58.11
2	51.41	X	X	54.36	56.16	X
3	48.55	54.91	51.75	50.64	X	53.55
4	51.80	53.93	52.76	X	51.63	48.71
5	48.46	X	50.24	X	49.08	X
6	48.28	X	X	X	X	X
7	44.92	X	X	X	45.79	X
8	X	40.09	X	X	40.20	X

Hammer throw

16 Jul

1	Max Lampinen	FIN	71.26
2	Arttu Härkönen	FIN	69.40
3	Leo Bystedt	SWE	65.96
4	Øystein Hytten	NOR	57.86
5	Truls Engen Olsen	NOR	57.26
6	Albin Silén	SWE	56.17
7	Theodor Hennecke	DEN/ISL	51.42
8	Lucas Søvang	DEN/ISL	51.16

Series	1	2	3	4	5	6
1	69.69	71.26	69.91	69.16	71.09	70.26
2	X	68.20	68.57	X	66.81	69.40
3	X	X	65.11	65.96	65.45	X
4	X	57.76	X	57.86	X	X
5	52.87	57.26	X	X	X	55.99
6	50.59	X	X	56.17	54.13	56.07
7	50.42	X	X	X	X	51.42
8	44.69	46.36	50.05	51.16	50.46	x

Javelin throw

17 Jul

1	Noah Birk Meissner	DEN/ISL	62.83
2	Tommi Pasanen	NOR	60.79
3	Hugo Karsamo	SWE	56.15
4	Theodor Hennecke	DEN/ISL	56.11
5	Aiden Vincent	NOR	54.22
		SWE	DNS
		FIN	DNS
		FIN	DNS

Series	1	2	3	4	5	6
1	62.83	57.54	59.65	X	-	60.13
2	58.42	57.49	60.79	X	-	59.13
3	55.47	56.15	54.42	53.74	53.94	54.58
4	56.11	X	X	X	X	X
5	53.82	54.22	X	48.47	X	49.19

4x100 m relay

16 Jul

1	FIN	40.49	(Topi Huttunen, Valterri Luoko, Niko Kangasojä, Rasmus Martin)
2	SWE	40.73	(Isak Holgersson, Erik Erlandsson, Zacharias Parmatow, Viktor Wall)
3	NOR	41.25	(Timo Helland, Sebastian Berntsen, Sander Werge Nilsen, Johannes Steinsland Gulbrandsen, Lunde)
	DEN/ISL	DNF	(Valentin Jensen, Christian Nørskov, Sofus Peter Lassen, Christian Andersson)

4x400 m relay

17 Jul

1	NOR	3:15.20	(Timo Helland, Thomas Strønstad-Løseth, Aiden Vincent, Andreas Grimerud)
2	SWE	3:17.39	(Alexander Pilgrim, Olle Billgren, Markus Brodin, Noah Bucht Wesslen)
3	FIN	3:19.35	(Sebastian Nordberg, Eemil Porvari, Benjamin Lee, Samuli Takkenen)
4	DEN/ISL	3:20.24	(Jonas Gunnleivsson Isaksen, Luis F. Maillet, Tobias Roed Garza, Jonathan Sigvardsen)

Points Men	Nation	Total
	SWE	203
	NOR	193
	FIN	176
	DEN/ISL	100

Women

100 m

16 Jul

+4,2

1	Anna Pursiainen	FIN	11.51
2	Nora Lindahl	SWE	11.60
3	Elvira Tanderud	SWE	11.65
4	Maren Bakke Amundsen	NOR	11.77
5	Laura Tietje J. van der Veen	NOR	12.01
6	Cecilie Gedsø Færge	DEN/ISL	12.15
7	Minea Fogelholm	FIN	12.15
8	Alma Witt	DEN/ISL	12.39

200 m

17 Jul

+2,9

1	Nora Lindahl	SWE	23.41
2	Anna Pursiainen	FIN	23.50
3	Maren Bakke Amundsen	NOR	23.66
4	Elvira Tanderud	SWE	23.68
5	Ida Breigan	NOR	24.09
6	Cecilie Gedsø Færge	DEN/ISL	24.61
7	Line Grønbæk Andersen	DEN/ISL	24.79
8	Julia Ihantola	FIN	24.82

400 m

16 Jul

1	Henriette Jæger	NOR	53.45
2	Moa Granat	SWE	54.58
3	Ronja Koskela	FIN	54.71
4	Veera Mattila	FIN	55.19
5	Nora Haugen	NOR	55.86
6	Amanda Sondrup Henriques	DEN/ISL	56.84
7	Elin Joabsson	SWE	57.05
8	Line Grønbæk Andersen	DEN/ISL	57.41

800 m

17 Jul

1	Ingeborg Østgård	NOR	2:10.40
2	Veera Mattila	FIN	2:10.56
3	Ronja Koskela	FIN	2:11.14
4	Anne Gine Løvnnes	NOR	2:11.54
5	Saga Provc	SWE	2:12.74
6	Elvira Bredin	SWE	2:14.54
7	Laura G. Andersen	DEN/ISL	2:18.65
8	Emma Kiplagat Kondrup	DEN/ISL	2:19.01

1500 m

16 Jul

1	Ingeborg Østgård	NOR	4:23.45
2	Ilona Mononen	FIN	4:23.75
3	Ina Halle Haugen	NOR	4:23.78
4	Saga Provc	SWE	4:28.95
5	Elvira Bredin	SWE	4:40.34
6	Emilie Kirk Langschwager	DEN/ISL	4:46.33

7	Iiris Koski	FIN	4:47.58
8	Terese Uhre Kristiansen	DEN/ISL	5:03.73

3000 m

16 Jul			
1	Nelli Viskari	FIN	10:11.44
2	Ida Knutsson	SWE	10:11.68
3	Anna Marie Sirevåg	NOR	10:14.47
4	Maiken Homlung Prøitz	NOR	10:17.37
5	Marie-Louise Jørgensen	DEN/ISL	10:22.97
6	Alma Svantesson	SWE	10:24.14
7	Emma Ranta	FIN	10:31.96
8	Katrine Risvig	DEN/ISL	10:37.87

100 m hurdles

17 Jul			+0,9
1	Ida Boe Rasmussen	DEN/ISL	13.62
2	Josefina Biernacki	NOR	13.74
3	Vilna Väliharju	FIN	13.78
4	Moa Granat	SWE	13.82
5	Annika Baun Haldbo	DEN/ISL	13.85
6	Vilma Itälinna	FIN	13.87
7	Madeleine Söderqvist	SWE	14.47
		NOR	DNS

400 m hurdles

16 Jul			
1	Hanna Karlsson	SWE	59.13
2	Aada Aho	FIN	59.78
3	Amanda Sondrup Henriques	DEN/ISL	60.36
4	Moa Granat	SWE	60.59
5	Marin Gautadottir	NOR	61.35
6	Cassandra Ødegård Nilsen	NOR	65.36
7	Betty Marie Ramsgaard Jensen	DEN/ISL	66.28
		FIN	DNS

3000 m steeplechase

17 Jul			
1	Maiken Homlung Prøitz	NOR	10:45.20
2	Filippa Höglund	SWE	11:00.80
3	Saga Hagelin	SWE	11:01.64
4	Vilma Pere	FIN	11:06.75
5	Melissa Kykry	FIN	11:10.63
6	Thea Charlotte Knutsen	NOR	11:37.97
7	Lærke Thygesen	DEN/ISL	11:51.29
8	Ida Tveen Høgsberg	DEN/ISL	12:22.04

5000 m race walk

17 Jul			
1	Maren Karlsen Bekkestad	NOR	23:41.75
2	Anna Kokko	FIN	26:55.26
3	Lisa Nyberg	SWE	31:49.32

High jump

16 Jul			
1	Ingrid Ronge	SWE	1.76
2	Hedvig Kallåk	NOR	1.76
3	Johanna Nieminen	FIN	1.73
4	Klara Frykholm	SWE	1.73
5	Michelle Nyberget	NOR	1.70
6	Janna Siegfriids	FIN	1.70
		DEN/ISL	DNS
		DEN/ISL	DNS

Series	1.55	1.60	1.65	1.70	1.73	1.76	1.79
1		o	o	o	xo	xo	xxx
2			o	xxo	o	xo	xxx
3			o	xxo	o	xxx	
4			o	o	xo	xxx	
5		o	o	o	xxx		
6	o	o	o	xxo	xxx		

Pole vault

17 Jul			
1	Sara Winberg	SWE	4.07
2	Silja Andersson	FIN	4.00
3	Myra Eriksson	SWE	3.70
4	Agnes Elisabeth Morud	NOR	3.55
5	Sara Guttormsen	NOR	3.40
6	Sofia Bagger Bohn	DEN/ISL	3.25
	Miisa Koskiahio	FIN	NM
		DEN/ISL	DNS

Series	2.95	3.10	3.25	3.40	3.55	3.70	3.80	3.90	4.00	4.07	4.15
1					o	-	o	-	xo	o	xxx
2								o		xxx	
3				o	xo	xxo	xxx				
4			o	o	xo	xxo					
5			o	o	xxx						
6	o	o	xo	xxx	xxx						

Long jump

17 Jul			
1	Katharina Gråman	SWE	6.44
2	Vilma Itälinna	FIN	6.09
3	Ida Boe Rasmussen	DEN/ISL	6.08
4	Miranda Lauvstad	NOR	6.02
5	Meeri Elomaa	FIN	6.02
6	Josefine Skifter Andersen	DEN/ISL	5.88
7	Ebba Hedberg	SWE	5.84
8	Lillian Washington	NOR	5.51

Series	1	2	3	4	5	6
1	x	6.44	6.15	x	6.29	x
		+3,1	+2,4		+2,1	
2	6.07	x	5.71	6.03	5.77	6.09
	+2,0		+2,7	+3,0	+4,1	+1,3
3	5.99	x	6.08	x	r	
	+4,4		+1,8			
4	5.63	5.98	5.81	x	6.02	5.95
	+2,4	+2,3	+3,0		+1,7	+1,7
5	5.95	6.02	5.95	5.84	5.85	5.84
	+2,8	+2,8	+2,5	+1,6	+2,8	+2,7
6	5.88	x	x	x	x	5.86
	+2,6					+1,9
7	5.56	5.82	x	5.84	5.84	5.43
	+0,7	+3,0		+3,7	+3,0	+1,6
8	5.45	5.51	5.33	5.34	5.30	x
	+1,0	+3,3	+1,1	+3,1	+2,8	

Triple jump

16 Jul			
1	Ilona Ruohola	FIN	12.58
2	Lillian Washington	NOR	12.56
3	Sanni Lento	FIN	12.38
4	Mathide Sofie Klokseth	NOR	12.27
5	Nora Jolbäck	SWE	11.90
6	Kathrine Holst Hafn	DEN/ISL	11.64
7	Tindra Frykholm	SWE	11.56
		DEN/ISL	DNS

Series	1	2	3	4	5	6
1	x	12.03	12.35	12.20	12.58	12.26
		+2,5	+1,6	+0,5	+3,9	+4,3
2	x	12.56	12.04	12.20	x	12.31
		+1,1	+3,0	+2,2		+4,7
3	11.93	11.91	12.11	12.38	x	x
	0,0	+1,3	+3,2	+1,9		
4	11.79	11.73	x	11.95	12.27	12.25
	+1,3	+3,0		+2,8	+3,6	+3,2
5	11.70	11.81	11.88	x	11.74	11.90
	+2,6	+2,8	+1,8		+4,0	+2,6
6	11.64	11.57	x	x	x	x
	+5,0	+0,7				
7	11.51	x	x	x	11.41	11.56
	+1,1				+4,5	+0,6

Shot put

17 Jul			
1	Linn Gabrielli Gustafsson	SWE	13.87
2	Oona Viljanen	FIN	13.50

3	Anette Saalismaa	FIN	13.21
4	Victoria Wickman	SWE	12.78
5	Mariell Morken	NOR	12.00
6	Hanna Tveen Høgsberg	DEN/ISL	11.43
7	Hanna Emilie Hjeltnes	NOR	11.33
8	Josefine Skifter Andersen	DEN/ISL	11.18

Series	1	2	3	4	5	6
1	13.40	13.70	13.87	13.75	13.75	13.83
2	13.10	13.01	13.20	13.50	X	13.14
3	X	12.65	12.83	13.21	X	X
4	12.14	12.78	X	12.47	X	X
5	X	X	X	X	11.59	12.00
6	10.86	11.43	11.18	11.05	11.08	11.20
7	X	X	X	X	11.17	11.33
8	11.03	10.93	10.80	11.18	11.00	10.61

Discus throw		17 Jul	
1	Emma Sralla	SWE	53.67
2	Vilma Räsänen	FIN	49.02
3	Enni Aula	FIN	47.30
4	Anne Juul Jensen	DEN/ISL	46.50
5	Ebba Salomonsson Lind	SWE	45.42
6	Hanna Emilie Hjeltnes	NOR	43.44
7	Freja Veicherts	DEN/ISL	37.68
8	Ellevine K.A.O. Svensen Skare	NOR	36.20

Series	1	2	3	4	5	6
1	X	53.67	47.42	48.75	51.15	X
2	44.96	X	44.45	49.02	X	48.21
3	X	X	44.81	X	47.30	X
4	35.17	41.33	X	46.50	43.45	44.53
5	44.35	45.20	42.80	45.42	X	43.12
6	41.26	42.46	X	39.14	43.44	X
7	32.53	37.68	X	35.60	35.61	X
8	X	36.20	X	X	X	X

Hammer throw		16 Jul	
1	Charlotte Sandkulla	FIN	54.89
2	Marika Virtanen	FIN	53.79
3	Thea Löfman	SWE	52.64
4	Saga Berg	SWE	52.01
5	Ruth-Margrethe Austad Nilsen	NOR	51.25
6	Iben Pusle Dahl	DEN/ISL	48.73
7	Annika Meljs Ramsgaard	DEN/ISL	46.13
8	Tiril Lappegård	NOR	44.64

Series	1	2	3	4	5	6
1	X	52.48	52.23	54.89	X	X
2	48.78	X	X	53.79	X	X
3	X	X	X	X	52.64	X
4	X	X	X	52.01	X	X
5	49.78	X	51.25	49.37	X	X
6	X	48.73	X	X	X	46.71
7	43.41	46.13	45.96	X	45.80	X
8	X	42.89	X	X	44.64	41.69

Javelin throw		16 Jul	
1	Emilia Karell	FIN	51.17
2	Vivian Suominen	FIN	50.52
3	Amanda Olsson	SWE	45.53
4	Vår Litland	NOR	45.13
5	Ellevine K.A.O. Svensen Skare	NOR	45.09
6	Tilda Bernhult	SWE	43.60
7	Amdís Diljá Óskarsdóttir	DEN/ISL	42.07
8	Iben Pusle Dahl	DEN/ISL	38.66

Series	1	2	3	4	5	6
1	50.01	51.17	48.66	48.93	X	X
2	47.22	50.52	r			
3	44.33	43.70	43.99	43.31	44.57	45.53
4	X	45.13	40.28	42.67	44.75	X
5	44.22	45.09	X	X	X	41.91
6	43.60	41.66	41.08	40.74	X	42.96
7	42.07	X	41.08	X	X	39.28

8	X	37.59	38.45	X	37.88	38.66
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4x100 m relay		16 Jul	
1	NOR	45.91	(Laura Tietje Johanna van der Veen, Maren Bakke Amundsen, Lovise Skarbøvik Andresen, Nora Aune)
2	FIN	45.96	(Minea Fogelholm, Anna Pursiainen, Rmma Tainio, Nelli anttonen)
3	SWE	46.18	(Emilia Franzén, Nora Lindahl, Ida Staalgård, Wilma Svensson)
	DEN/ISL	DNF	(Annika Baun Haldso, Cecilie Fedso Færge, Amla Witt, Ida Boe Rasmussen)

4x400 m relay		17 Jul	
1	NOR	3:41.21	(Henriette Jæger, Nora Haugen, Marin Gautadottir, Ida Breigan)
2	SWE	3:41.34	(Hanna Karlsson, Elin Joabsson, Tilde Bjerager, Moa Granat)
3	FIN	3:44.45	(Aada Aho, Veera Mattila, Julia Ihtantola, Ronja Koskela)
4	DEN/ISL	3:50.93	(Line Grønbaek Andersen, Amanda Sondrup Henriques, Betty Marie Ramsgaard Jensen, Caroline Aslerin)

Points Women	Nation	Total
	FIN	204
	SWE	204
	NOR	187
	DEN/ISL	84

Points Total	Nation	Total
	SWE	407
	FIN	380
	NOR	380
	DEN/ISL	184

Nordic U23 Championships

Malmö Stadion, Malmö, SWE 16-17 Jul

Men

100 m		16 Jul	
Heat		+4,4/+5,2/+3,7	
A	B	C	
1	1	Jacob Vaula	NOR 10.29
2	2	Mikkel Johansson	SWE 10.31
3	3	Viktor Thor	SWE 10.32
4	4	Eino Vuori	FIN 10.34
5	5	Rasmus T. Klausen	DEN 10.51
6	1	Andreas Haara Bakketun	NOR 10.53
7	2	Niilo Mustalahti	FIN 10.54
8	3	Kristupas Seikauskas	LTU 10.55
9	6	William Thor	SWE 10.56
10	7	Topi Huttunen	FIN 10.58
11	4	Tobias Andersson	DEN 10.59
12	8	Arttu Peltola	FIN 10.67
13		Milo Wahlgren	SWE 10.71
14	5	Rasmus Martin	FIN 10.76
15	6	Rasmus Søstad Andersen	DEN 10.83
16	7	Rinalds Valts Zarins	LAT 10.84
17		Timo Helland	NOR 10.85
18		Benjamin Olli	FIN 10.99
19		Rasmus Roosleht	EST 11.09
	X	Sander Werge Nilsen	NIR DNS

200 m		17 Jul	+1,7/+1,7
Heat			
A	B		
1	1	Samuel Purola	FIN 20.45
2	2	Tomas Keršulis	LTU 20.92
3	3	Andreas Kulseng	NOR 21.03
4	4	Mikkel Johansson	DEN 21.06
5	5	Andreas Haara Bakketun	NOR 21.15
6	6	Robin Sapar	EST 21.25

7	1	Reimo Sepp	EST	21.36
8	7	Emil Johansson	SWE	21.55
9	2	Lasse Hämelähti	FIN	21.55
10	3	Håvard Bentsdal Ingvaldsen	NOR	21.66
11	4	Gustav Gahne	SWE	21.92
12	5	William Thor	SWE	22.01
13	6	Märt Riso	EST	22.22
14	8	Henri Sai	EST	22.27
15	7	Jakob Keller	EST	22.92
	X	Eino Vuori	FIN	DNS

400 m Heat A B

16 Jul

1	1	Håvard Bentsdal Ingvaldsen	NOR	46.82
2	2	Samuel Purola	FIN	47.15
3	3	Tomas Keršulis	LTU	47.27
4	4	Andreas Kulseng	NOR	47.51
5	5	Karl Wällgren	SWE	47.60
6	6	Mattias Waernulf	SWE	47.72
7	1	Elias Jrad	FIN	49.25
8	2	Teemu Tuomela	FIN	50.33
9	3	Eemil Porvari	FIN	50.93
10	4	Jakob Keller	EST	52.15
	X	Sebastian Nordberg	FIN	DNS

800 m

17 Jul

1	Kjetil Brenno Gagnås	NOR	1:57.14
2	Elias Tuominen	FIN	1:57.56
3	Victor Wahlgren	SWE	1:58.33
4	Kevin Bodén	SWE	1:58.94
5	Mihkel Tammeveski	FIN	2:15.0h
	Santtu Heikkinen	FIN	DNS

1500 m

16 Jul

1	Santtu Heikkinen	FIN	3:49.45
2	Mika Kotiranta	FIN	3:50.66
3	Jonathan Makwarth	DEN	3:53.20
4	Kalev Hölpus	EST	3:53.36
5	Daniel Bentien Schmidt	DEN	3:55.06
6	Eric Källman	SWE	3:55.20
7	Jimmy Öhman	SWE	3:56.61
8	Conrad Lind	DEN	4:03.16
9	Mihkel Tammeveski	EST	4:22.26

5000 m

16 Jul

1	Mustafe Muuse	FIN	14:33.18
2	Andreas Brock Bjørnsen	DEN	14:40.44
3	Tuure Haapanen	FIN	14:43.92
4	Philip Anders Anthelme Massacand	NOR	14:45.34
5	Wilhelm Bergentz	SWE	14:51.64
6	Melker Tillenius	SWE	15:45.12

110 m hurdles

17 Jul

+3,1

1	Benjamin Tinglöf	SWE	14.19
2	Sidrak Afework	SWE	14.20
3	Herman Ellingsen	NOR	14.49
4	Andreas Christoffersen	DEN	14.53
5	Domas Gailevičius	LTU	14.66
6	Romet Vahter	EST	14.82
7	Juuso Peltola	FIN	14.83
	Joni Järvinen	FIN	DNF

400 m hurdles

16 Jul

1	Dmitrijs Laseno	LAT	52.76
2	Gustav Karlsson	SWE	52.82

3	Herman Ellingsen	NOR	53.82
4	Tomi Laako	FIN	54.92
5	Markus Hurri	FIN	44.30

3000 m steeplechase

17 Jul

1	Jesper Lundin	NOR	9:03.54
2	Samuel Auvinen	FIN	9:04.74
3	Oscar Eliasson	SWE	9:53.06

5000 m race walking

17 Jul

1	Jonathan Ekberg	FIN	22:23.91
2	Andreas Døske	NOR	23:39.29
3	Carl-Filip Kold Johansson	SWE	26:46.81
	Sajan Irincheev	FIN	DNS

High jump

17 Jul

1	Arttu Mattila	FIN	2.15
2	Oliver Ericsson	SWE	2.06
3	Erlend Bolstad Raa	NOR	2.06
4	Simon Thor	SWE	1.90
	Daniel Kosonen	FIN	NM

Series	1.80	1.85	1.90	1.95	2.00	2.03	2.06	2.09	2.11	2.13	2.15	2.20
1												
2												
3												
4												
5												

Pole vault

16 Jul

1	Albin Lundberg	FIN	5.26
2	Simon Thor	SWE	5.00
3	Nikolaj Grønbech	DEN	4.80
4	Emil Carlsson	SWE	4.70
5	Iiro Suutarinen	FIN	4.70

Series	4.60	4.70	4.80	4.90	5.00	5.10	5.26	5.32
1								
2								
3								
4								
5								

Long jump

16 Jul

1	Erik Johansson	SWE	7.44
2	Otto Pulkkinen	FIN	7.38
3	Sandis Dzenitis	LAT	7.26
4	Daniel Ingi Egilsson	ISL	7.11
5	Bertram Costa	DEN	7.11
6	Romet Vahter	EST	7.03
7	Tobias Carlyrd	SWE	6.99

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

Triple jump

17 Jul

1	Aapo Karvinen	FIN	15.70
2	Daniel Ingi Egilsson	ISL	15.51
3	Viljar Gjerde	NOR	15.47
4	Lukas Edqvist	SWE	15.42
5	Oskar Weidenholm	SWE	15.17

6	Sandis Dzenitis	LAT	15.03
7	Oliver Kärki	FIN	14.75

Series	1	2	3	4	5	6
1	15.70 +2,0	-	X	-	X	r
2	13.76 +2,6	14.51 +1,7	14.86 +1,9	15.51 +2,1	15.46 +3,2	15.31 +1,9
3	X	15.10 +4,0	15.26 +2,4	X	15.41 +1,0	15.47 +1,9
4	X	15.34 +2,7	15.12 +3,1	15.42 +1,4	15.25 +0,3	13.25 +2,9
5	14.95 +1,9	X	15.17 +2,3	X	14.99 +2,3	X
6	13.94 -0,2	14.46 +2,3	14.67 +3,4	15.03 +1,7	14.95 +2,2	15.02 +1,4
7	14.42 +0,2	14.75 +1,9	14.36 +2,9	14.71 +2,1	14.45 +2,4	14.36 +1,6

Shot put		16 Jul	
1	Arttu Korkeasalo	FIN	17.16
2	Sebastian Löschner	SWE	16.17
3	Arvid Mägi Theorin	SWE	15.97
4	Aaro Leinonen	FIN	15.52
5	Rasmus Roosleht	EST	15.36
6	Sigursteinn Ásgeirsson	ISL	15.12
	Dominykas Čepys	LTU	NM

Series	1	2	3	4	5	6
1	16.09	15.46	16.91	17.16	15.55	X
2	15.81	X	16.17	X	X	X
3	15.54	X	15.97	15.94	15.27	15.47
4	14.63	15.16	15.52	15.39	X	15.41
5	14.65	15.36	X	14.94	X	X
6	14.56	14.61	14.82	X	14.68	15.12
	X	X	X	X	X	x

Discus throw		17 Jul	
1	Armandas Miliuskas	LTU	59.70
2	Rami Kankaanpää	FIN	53.37
3	Sebastian Löschner	SWE	51.32
4	Gevin Genro Paas	EST	50.86
5	Antto Pränni	FIN	50.79
6	Måns Roos	SWE	50.66
7	Rasmus Roosleht	EST	49.30

Series	1	2	3	4	5	6
1	X	55.07	59.70	56.25	57.23	X
2	51.11	53.16	53.37	X	51.66	51.14
3	47.75	X	51.32	51.26	59.86	X
4	X	50.86	50.58	X	X	X
5	50.56	50.08	50.79	5.75	X	X
6	48.82	48.80	50.66	49.15	48.75	48.03
7	44.65	X	X	46.48	49.30	X

Hammer throw		16 Jul	
1	Johani Karjanlahti	FIN	63.73
2	Hugo Sörby	SWE	61.60
3	Håkon Eik Litland	NOR	61.56
4	Oskari Lahtinen	FIN	59.31
5	Ivar Moisander	SWE	58.26
6	Nicco Hattesen	DEN	55.51

Series	1	2	3	4	5	6
1	X	X	58.14	61.27	60.50	63.73
2	58.86	58.96	61.60	59.33	X	60.07
3	X	X	X	X	61.45	61.56
4	X	X	X	X	X	59.31
5	X	57.14	58.26	58.03x	X	X
6	X	X	X	55.15	55.51	X

Javelin throw		17 Jul	
1	Janne Läpsä	FIN	75.32
2	Topias Laine	FIN	74.89
3	Tomas Sabašinskas	LTU	70.28
4	Jakob Rahm	SWE	66.48
5	Sebastian Suurballe	DEN	65.80

6	Albert Ottander	SWE	64.52
7	Mikkel Simonsen	DEN	63.66
8	Steven Sepp	EST	60.35

Series	1	2	3	4	5	6
1	70.60	75.32	X	74.39	X	X
2	74.84	69.53	73.93	74.89	73.85	66.59
3	49.65	X	70.28	X	X	X
4	61.57	X	62.89	X	64.56	55.48
5	59.63	58.60	X	65.80	63.46	65.37
6	62.91	62.75	64.53	63.90	60.79	63.26
7	59.94	59.53	59.48	63.66	X	61.25
8	60.35	55.81	53.27	56.55	X	X

4x100 m relay		16 Jul	
1	DEN	40.25	(Rasmus Søstede Andersen, Rasmus Thornbjerg Klausen, Mikkel Johansson, Tobias Andersson)
2	EST	40.38	(Märt Riso, Reimo Sepp, Robin Sapor, Henri Sai)
3	SWE	40.61	(William Thor, Viktor Thor, Milo Wahlgren, Emil Johansson)
	FIN	DNF	(Eino Vuori, Arttu Peltola, Lasse Hämelähti, Niilo Mustalahti)

4x400 m relay		17 Jul	
1	SWE	3:10.95	(Emil Johansson, Mattias Waernulf, Gustav Gahne, Karl Wällgren)
2	FIN	3:18.65	(Teemu Tuomela, Elias Jrad, Tomi Laakso, Peetu Toivonen)
Extra: SWE (sen)		3:09.89	(Kasper Kandestål, Anders Pihlblad, Marcus Tomée, Nick Ekelund-Arenander=)

Women					
100 m				16 Jul	
Heat				+3,2/+2,4/+6,1	
	A	B	C		
1	1			Julia Henriksson	SWE 11.34
2	2			Johanna Kylmänen	FIN 11.52
3	3			Ann Mari Kivikas	EST 11.66
4		1		Filippa Sivnert	SWE 11.66
5		2		Andreas Rooth	NOR 11.71
6			1	Emma Tainio	FIN 11.73
7	4			Tiana Ósk Withworth	ISL 11.74
8	5			Sara Francis	FIN 11.75
9	6			Lukrecija Sabaityte	LTU 11.85
10		3		Pirkitta Marjanen	FIN 11.87
11			2	Cajsa Augustsson	SWE 11.93
12	7			Caroline Benfeldt Sørensen	DEN 11.96
13			3	Nelli Anttonen	FIN 12.00
14		4		Klara Skriver Loessl	DEN 12.05
15			4	Julia Ihantola	FIN 12.06
16			5	Nora Aune	NOR 12.08
	X			Jenna Kokkonen	FIN DNS

200 m			17 Jul	+1,5/+2,5
Heat				
	A	B		
1	1	Julia Henriksson	SWE	23.32
2	2	Mette Baas	FIN	23.64
3	3	Ann Marii Kivikas	EST	23.83
4	4	Kaitesi Ertzgaard	NOR	23.87
5	5	Lukrecija Sabaityte	LTU	24.02
6	1	Jenna Kokkonen	FIN	24.32
7	2	Pirkitta Marjanen	FIN	24.49
8	6	Tiana Ósk Whitworth	ISL	24.60
9	3	Caroline Benfeldt Sørensen	DEN	24.81
10	4	Solveig Bustgård Gran	NOR	25.16
11	5	Jonna Claesson	SWE	25.31
	X	Guðbjörg Jóna Bjarnadóttir	ISL	DNF

400 m		16 Jul	
Heat			
A	B		
1	1	Mette Baas	FIN 52.51
2	2	Kaitesi Ertzgaard	NOR 53.17
3	3	Veera Perälä	FIN 55.16
4	4	Martha D. Rasmussen	DEN 55.33
5	5	Lovisa Ellström	SWE 55.38
6	6	Solveig Bustgård Gran	NOR 56.11
7	7	Ebba Gustafsson	SWE 56.77
8	1	Liis Grete Atonen	EST 58.27
9	2	Paula Katrina Skalberga	LAT 59.10
10	3	Misja B. Jepsen	DEN 60.30

800 m		17 Jul	
1	Julia Nielsen	SWE	2:06.96
2	Wilma Nielsen	SWE	2:07.17
3	Helmi Vuorimaa	FIN	2:08.29
4	Selma Løchen Engdahl	NOR	2:09.16
5	Veera Perälä	FIN	2:09.55

1500 m		16 Jul	
1	Wilma Nielsen	SWE	4:23.20
2	Julia Nielsen	SWE	4:24.36
3	Selma Løchen Engdahl	NOR	4:26.43
4	Egle Vaitulevičiute	LTU	4:33.65
5	Siiri Rainio	FIN	4:36.28

5000 m		16 Jul	
1	Kristine Meinert Rød	NOR	16:35.81
2	Lotta-Marie Maine	FIN	15:44.61
3	Klara Hansen	DEN	16:50.77
4	Ida Esperri	SWE	17:41.33
5	Lotta Tarvainen	FIN	17:46.58
6	Elsa Wallenius	SWE	18:40.30
	Astrid My Kristensen	DEN	DNF

100 m hurdles		17 Jul	
Heat			
A	B		
1	1	Andrea Rooth	NOR 13.44
2	2	Saara Keskitalo	FIN 13.53
3	3	Jessica Kähärä	FIN 13.61
4	4	Ingrid Pernille Rismark	NOR 13.70
5	1	Marta Marksä	LAT 13.77
6	5	Ida Beiter Bomme	DEN 13.78
7	2	Ida Boel	DEN 13.79
8	3	Minea Fogelholm	FIN 13.99
9	4	Klara Rådbø	SWE 14.14
10	6	Alva von Gerber	SWE 14.18

400 m hurdles		16 Jul	
Heat			
A	B		
1	1	Andrea Rooth	NOR 59.34
2	2	Martha D. Rasmussen	DEN 60.19
3	3	Frida Hämäläinen	FIN 60.61
4	4	Tyra Landin	SWE 61.58
5	5	Liis Grete Atonen	EST 61.67
6	1	Elin Mickos	FIN 62.26
7	6	Ebba Åhman	SWE 62.72
8	2	Amina Askarova	LAT 63.00
8	3	Ingubjörg Sigurðadóttir	ISL 65.87

3000 m steeplechase		17 Jul	
1	Vilde Våge Henriksen	NOR	10:21.65

2	Janette Vänttinen	FIN	10:41.64
3	Salla Laukkanen	FIN	10:49.81
	Thea Norlund	SWE	DNS

5000 m race walk		17 Jul	
1	Maren Karlsen Bekkestad	NOR	23:41.75
2	Anna Kokko	FIN	26:55.26
3	Lisa Nyberg	SWE	31:49.32

High jump		16 Jul	
1	Neea Käyhkö	FIN	1.81
2	Katrine Fjælbe Olsen	DEN	1.79
3	Tuvalisa Rosenquist	SWE	1.76
4	Klara Rådbo	SWE	1.73
5	Madelen Haaheim Sveinungsen	NOR	1.73
6	Venla Pulkkanen	FIN	1.70

Series	1.60	1.65	1.70	1.73	1.76	1.79	1.81	1.83
1		o	o	o	xo	xxo	o	xxx
2	o	o	xo	xo	o	xxo	xxx	
3	o	xo	o	xo	xxo	xxx		
4	xo	o	xo	o	xxx			
5	o	xxo	xo	o	xxx			
6	xo	o	xo	xxx				

Pole vault		17 Jul	
1	Gabriella Jönsson	SWE	4.14
2	Kitty Augusta Friele Faye	NOR	4.07
3	Sandra Alvero	SWE	3.90
4	Essi Melender	FIN	3.90
5	Vilma Hannula	FIN	3.40

Series	3.40	3.55	3.70	3.80	3.90	4.00	4.07	4.14	4.33
1			o	xo	o	xo	o	xxx	
2			o	-	o	o	xxo	xxx	
3		xo	xo	xo	o	xxx			
4		o	o	xo	xo	xxx			
5	o	xxx							

Long jump		17 Jul	
1	Maja Åskag	SWE	6.70
2	Jessica Kähärä	FIN	6.39
3	Saara Keskitalo	FIN	6.23
4	Roosa Mähönen	FIN	6.11
5	Tilde Johansson	SWE	6.04
6	Ida Beiter Bomme	DEN	5.91
7	Kitija Paula Meinbärde	LAT	5.84

Series	1	2	3	4	5	6
1	X	X	X	6.36	6.55	6.70
				+2,0	+1,2	+2,1
2	5.87	6.12	6.06	6.30	6.22	6.39
	+1,2	+0,8	+1,1	+2,5	+2,1	+2,2
3	5.92	X	6.23	X	X	X
	0,0		+3,2			
4	X	5.92	6.11	5.97	X	4.31
		+2,8	+2,2	+1,7		+4,5
5	4.32	6.04	5.73	5.66	r	
	+1,6	+2,1	+2,8	+2,0		
6	5.89	5.78	5.90	5.89	5.89	5.91
	+2,6	+2,2	+0,7	+1,1	+0,6	+2,9
7	X	X	5.72	X	X	5.84
			+2,5			+1,6

Triple jump		16 Jul	
1	Maja Åskag	SWE	13.99
2	Kajsa Lindqvist	SWE	13.09
3	Janita Leppäranta	FIN	12.99
4	Rachel Ombeni	NOR	12.65
5	Laura Koivisto	FIN	12.53

Series	1	2	3	4	5	6
1	X	13.74	13.95	13.99	X	13.70
		+2,1	+2,7	+4,3		+2,3

2	13.09 +1,8	X	X	12.81 +4,6	r	
3	12.50 +2,6	12.99 +3,9	12.72 +3,5	12.66 +3,3	12.56 +2,9	12.72 +2,7
4	X	12.13 +3,3	12.26 +2,6	12.65 +3,5	12.63 +2,3	12.58 +3,0
5	12.23 +1,4	12.38 +2,9	12.53 +2,1	12.41 +3,8	X	X

Shot put

17 Jul

1	Erna Sóley Gunnarsdóttir	ISL	16.52
2	Emilia Kangas	FIN	15.94
3	Kaisu Eskelinen	FIN	14.81
4	Victoria Quainoo	SWE	14.38
5	Emilia Malmehed	SWE	14.22
6	Gertu Küttmann	EST	13.33

Series	1	2	3	4	5	6
1	15.98	16.48	16.52	16.29	16.52	X
2	X	15.71	15.94	15.44	X	15.76
3	X	X	X	X	14.34	14.81
4	X	13.74	X	13.84	14.28	X
5	X	13.51	X	14.22	X	X
6	X	X	11.61	12.27	12.22	13.33

Discus throw

17 Jul

1	Lotta Flatum	NOR	59.11
2	Annesofie Hartmann Nielsen	DEN	54.51
3	Daniella Persson	SWE	52.65
4	Elisabeth Thon Rosvold	NOR	51.06
5	Roosa Naula	FIN	49.77
6	Sanni Kuparinen	FIN	49.66
7	Molly Broback	SWE	48.05
8	Egle Zarankaite	LTU	45.83

Series	1	2	3	4	5	6
1	38.70	52.41	59.11	X	X	56.64
2	45.14	51.01	52.90	X	52.04	54.51
3	50.14	52.65	50.01	X	52.38	50.63
4	49.75	46.67	49.98	X	50.27	51.06
5	48.49	49.29	X	X	48.32	49.77
6	48.34	X	X	49.66	47.50	49.51
7	X	46.55	44.59	45.70	45.20	48.05
8	45.83	X	X	X	X	X

Hammer throw

16 Jul

1	Sara Forsseli	SWE	62.96
2	Aada Koppeli	FIN	61.39
3	Guðrún Karitas Hallgrimsdóttir	ISL	59.30
4	Elisabet Rut Rúnarsdóttir	ISL	59.08
5	Kaisu Eskelinen	FIN	53.41
6	Hillevi Carlsson	SWE	52.72
7	Sarah-Christine Kouamé Mikkelsen	NOR	52.35
8	Gertu Küttmann	EST	51.11
	Liv Nedergaard	DEN	NM

Series	1	2	3	4	5	6
1	X	61.07	62.96	61.46	X	X
2	X	58.81	60.13	58.86	X	61.39
3	55.87	56.42	59.30	X	56.04	X
4	56.24	X	56.96	59.08	X	58.13
5	X	X	53.41	X	X	X
6	52.68	X	51.95	52.72	52.30	52.13
7	X	X	50.60	X	X	52.35
8	49.41	X	X	51.11	X	51.00
	X	X	X	X	X	X

Javelin throw

16 Jul

1	Julia Valtanen	FIN	53.67
2	Kaja Mørch Pettersen	NOR	46.55
3	Angel Richmore	SWE	46.01
4	Stina Jacobson	SWE	43.85

Series	1	2	3	4	5	6
1	51.84	49.53	52.49	52.74	53.67	X
2	46.14	46.55	X	X	45.35	r
3	40.64	46.01	42.16	44.20	43.35	44.60

4	41.42	X	40.63	43.85	X	X
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4x100 m relay

16 Jul

1	FIN	45.61	(Sara Francis, Pirkitta Marjanen, Johanna Kymäläinen, Jenna Kokkonen)
2	SWE	46.46	(Alva von Gerber, Cajsa Auguistsson, Julia Henriksson, Filippa Sivnert)

4x400 m relay

17 Jul

1	FIN	3:42.68	(Elin Mickos, Frida Hämäläinen, Helmi Vuorimaa, Veera Perälä)
2	SWE	3:43.26	(Tyra Landin, Ebba Gustafsson, Ebba Åhman, Lovisa Ellström)

Nordic Para Athletics Championships

Bollnäs, SWE 20.-21. Aug

Men

100m (12&11&37&46&64) A-finale		20.aug	-0,6
1	Tobias Jonsson (12)	SWE	11.58/755
2	Kasper Filsø (46)	DEN	11.86/670
3	Noa Bak-Craig (37)	DEN	13.01/519
4	Patrekur Andrés Axelsson (11)	ISL	12.70/430
5	Olof Ryberg (12)	SWE	12.60/389
6	Eetu Kuisma (37)	FIN	13.37/377
7	Nikkolaj Gulbrandsen (37)	NOR	13.78/241

100m (12&11&37&46&64) B-finale		20.aug	-0,7
8	Kenneth Jenssen (64)	NOR	13.40/188
9	Sander Hegni (64)	NOR	13.48/167
10	Albin Janderberg (37)	SWE	16.41
	Antti Hovi (38)	FIN	DNS

Preliminary heat 1: Kasper Filsø, DEN 11.70/730, 2 Noa Bak-Craig, DEN 12.87/562, 3 Olof Ryberg, SWE 12.55/409, 4 Antti Hovi, FIN 13.02/322, 5 Sander Hegni, NOR 13.39/191, 6 Albin Janderberg SWE 16.13

Preliminary heat 2: 1 Tobias Jonsson, SWE 11.43/835, 2 Eetu Kuisma, FIN 13.20/438, =3 Patrekur Andrés Axelsson, ISL 12.64/435, =3 Nikkolaj Gulbrandsen, NOR 13.21/435, 5 Kenneth Jenssen, NOR 13.47/170

100m (20)		20.aug	0,0
1	Joel Reinholdsson (20)	SWE	11.75
2	Bjørnar Støylen (20)	NOR	13.26
3	Viktor Åberg (20)	SWE	13.46
4	Trygve Havro (20)	NOR	13.53
5	Eirik Lindø (20)	NOR	13.79

100m (RR2-3)		20.aug	-1,2
1	Lasse Kromann	DEN	20.65
2	Wiktor Hansen	SWE	21.77
	Pontus Ståhlfors	SWE	DNF

200m (11&37&38&46&64) A-finale		21.aug	0,0
1	Kasper Filsø (46)	DEN	24.18/645
2	Patrekur Andrés Axelsson (11)	ISL	26.28/381
4	Kenneth Jenssen (64)	NOR	26.68/280
5	Eetu Kuisma (37)	FIN	27.64/317
6	Sander Hegni (64)	NOR	27.76/138

200m (12&11&37&46&64) B-finale		21.aug	-0,1
3	Noa Bak-Craig (37)	DEN	26.61/490
7	Skjalg Kongssund (38)	NOR	28.72/89
8	Albin Janderberg (37)	SWE	33.25

200m (20)		21.aug	-0,7
1	Joel Reinholdsson (20)	SWE	24.29
2	Bjørnar Støylen (20)	NOR	26.28
3	Trygve Havro (20)	NOR	26.54
4	Eirik Lindø (20)	NOR	27.49
5	Viktor Åberg (20)	SWE	27.78
6	Gustav Larsson (20)	SWE	28.23

200m (RR1)			20.aug	-0,4
1	Olof da Silva Olsson	SWE	1:00.98	
	Henrik Eriksson	SWE	DNF	
200m (RR2-3)			20.aug	-0,9
1	Lasse Kroman	DEN	42.97	
2	Wiktor Hansen	SWE	44.57	
3	Pontus Ståhlfors	SWE	52.89	
400m (11&20&36&37&38)			20.aug	
1	Antti Hovi	FIN	1:00.78/303	
2	Eetu Kuisma	FIN	1:05.19/130	
3	Eirik Lindø	NOR	1:02.78/69	
4	Michel-Thor Masselter	ISL	1:29.07	
	Patrekur Andrés Axelsson	ISL	1:02.02 L	
1500m (20&36&37&38&46)			20.aug	
=1	Skjalg Kongssund (38)	NOR	4:22.97/708	
2	Anders Lagergren (38)	DEN	4:23.25/704	
3	Mohamed Hersi (20)	DEN	4:14.92/636	
4	Mads Erting (37)	DEN	4:42.36/466	
5	Martin Jansson (20)	SWE	4:36.37/266	
6	Trygve Havro (20)	NOR	4:50.33/102	
7	Håvard Vatnhanar (46)	FOR	4:51.29/78	
8	Michel Thor Masselter (36)	ISL	6:43.49	
1500m Women (20) included in mens race			20.aug	
=1	Anita Ósk Hrafnadóttir (20)	ISL	7:37:50	
5000m (11&20&36&37&38&46)			21.aug	
1	Anders Lagergren (38)	DEN	16:46.40/913	
2	Mohamed Hersi (20)	DEN	15:47.68/719	
=3	Martin Jansson (20)	SWE	16:51.00/386	
=3	Mads Erting (37)	DEN	17:36.18/386	
5	Claudio Denaro (11)	DEN	19:21.87/83	
6	Håvard Vatnhamar (46)	FOR	19:30.88/7	
7	Michel Thor Masselter	ISL	24:53.98	
Long jump (12&20&37)			20. aug	
1	Tobias Jonsson (12)	SWE	6.57/777	
2	Olof Ryberg (12)	SWE	6.10/601	
3	Nikkolaj Gulbrandsen (37)	NOR	4.73/314	
4	Eirik Lindø (20)	NOR	5.05/205	
5	Bjørnar Støylen (20)	NOR	4.95/169	
6	Viktor Åberg (20)	SWE	4.65/85	
7	Gustav Larsson (20)	SWE	4.63/80	
8	Trygve Havro (20)	NOR	4.39/38	
9 Albin Janderberg (37), SWE 3,51/4, 10 Emil Steinar Björnsson (20), ISL 2.89				
Series	1	2	3	4
1	6.55	6.44	6.54	6.57
	+0,9	0,0	0,0	0,0
2	6.10	6.08	5.85	5.88
	0,0	+0,8	0,0	-0,1
3	4.59	4.56	4.73	4.66
	0,0	0,0	+0,8	0,0
4	4.79	4.81	4.68	5.00
	+0,8	0,0	0,0	-0,9
5	4.95	4.92	X	4.73
	+0,3	+0,1		-1,1
6	4.65	4.48	4.62	4.31
	0,0	0,0	0,0	+0,2
7	X	X	4.63	4.50
			+0,1	-0,6
8	4.17	X	3.56	4.22
	+0,6		0,0	-0,1

9	3.44	3.45	3.34	X	3.24	3.51
	0,0	0,0	+1,0		-0,2	+0,4
10	2.89	2.85	2.36	2.84	X	2.68
	0,0	0,0	0,0	0,0		0,0
Shot put (20)			21. aug			
1	Emil Steinar Björnsson (20)	ISL	8.81/88			
Series	1	2	3	4	5	6
1	8.40	7.32	8.72	8.59	8.81	8.58
Shot put (56&57)			21. aug			
1	Pasi Heikkilä (57)	FIN	8.12/274			
2	Eemili Ruusunen (56)	FIN	7.20/330			
Series	1	2	3	4	5	6
1	7.80	8.05	7.33	7.84	7.83	8.12
2	6.73	6.85	6.53	6.94	6.98	7.29
Diskos (12&20)			21. aug			
1	Joel Jansson (12)	SWE	30.25			
2	Emil Steinar Björnsson (20)	ISL	19-89			
Series	1	2	3	4	5	6
1	27.41	30.25	X	X	X	X
2	16.94	11.96	19.61	19.89	18.98	X
Discus throw (56&57)			21. aug			
1	Pasi Heikkilä (57)	FIN	20.10/126			
2	Eemili Ruusunen (56)	FIN	17.13/94			
Series	1	2	3	4	5	6
1	20.10	19.58	19.99	20.04	17.18	18.18
2	15.50	17.06	17.13	14.44	X	16.13
Javelin (12&20)			20. aug			
1	Joel Jansson (12)	SWE	41.64			
2	Emil Steinar Björnsson (20)	ISL	22.76			
3	Viktor Åberg (20)	SWE	15.26			
Series	1	2	3	4	5	6
1	39.13	39.49	36.78	38.09	41.64	X
2	18.70	15.92	20.03	18.16	17.67	22.76
3	12.45	14.74	12.81	11.14	13.83	15.26
Javelin throw (56&57)			20. aug			
1	Pasi Heikkilä (57)	FIN	23.33/291			
2	Eemili Ruusunen (56)	FIN	16.60/247			
Series	1	2	3	4	5	6
1	21.87	22.76	23.33	X	22.26	22.28
2	15.16	X	X	14.90	16.60	14.98
Women						
100m (12&35&38)			20. aug	0,0		
1	Vilma Berg (38)	FIN	14.92/518			
2	Iida Lounela (12)	FIN	13.95/454			
3	Ellen Westling (35)	SWE	17.84/251			
100m (20)			20. aug	0,0		
1	Stefania Daney Guðmundsdóttir	ISL	13.64			
2	Lina Hedberg	SWE	14.94			
3	Stephanie Ydström	SWE	15.76			
4	Meri-Tuuli Kanerva	FIN	16.16			
5	Emmy Persson	SWE	17.53			
100m (RR2-3)			20. aug	-1,2		
1	Thea Jørgensen	DEN	20.05			
2	Karla Risum	DEN	20.15			
3	Julie Saurasunet	NOR	21.36			
4	Kristine Jakobsen	DEN	21.55			
5	Andrea Stokholm	DEN	22.45			
6	Sofie Jansen	NOR	23.80			
7	Julia Oskarsson	SWE	24.94			

100m (54)		20. aug	0,0			
1	Sini Paukken	FIN	20.60			
2	Anisa Abdulle	NOR	21.53			
200m (12&35&38)		21. aug	-0,6			
1	Vilma Berg (38)	FIN	31.27/501			
2	Iida Lounela (12)	FIN	29.17/357			
3	Ellen Westling (35)	SWE	38.53/116			
200m (20)		20. aug	-0,7			
1	Stefania Daney Guðmundsdóttir	ISL	28.46			
2	Stephanie Ydström	SWE	32.75			
3	Meri-Tuuli Kanerva	FIN	32.96			
	Lina Hedberg	SWE	31.54 L			
200m (54)		21. aug	0,0			
1	Sini Paukken	FIN	36.11			
2	Anisa Abdulle	NOR	37.56			
200m (RR1)		21. aug	-1,4			
1	Marika Vahinger	SWE	1:03.94			
2	Moa Nilsson	SWE	1:14.70			
3	Marte Aasvang	NOR	1:34.34			
200m (RR2-3) Finale		21. aug	-1,1			
1	Thea Jørgensen	DEN	40.46			
2	Karla Risum	DEN	42.80			
3	Julia Saurasunet	NOR	43.72			
4	Andrea Stokholm	DEN	45.42			
5	Kristine Jakobsen	DEN	45.66			
6	Sofue Jansen	NOR	50.40			
Preliminary heat 1: Andrea Stokholm, DEN 41.95, 2 Julie Saurasunet, NOR 44.43, 3 Sofie Jansen, NOR 49.85, 4 Julia Oskarsson, SWE 52.21						
Preliminary heat 2: Thea Jørgensen, DEN 43.18, 2 Karla Risum, DEN 45.35, 3 Kristine Jakobsen, DEN 45.73						
400m (12&20&38)		20. aug				
1	Vilma Berg (38)	FIN	1:12.53/456			
2	Iida Lounela (12)	FIN	1:06.37/379			
3	Lina Hedberg (20)	SWE	1:14.76/140			
4	Meri-Tuuli Kanerva (20)	FIN	1:20.75/25			
5	Anita Ósk Hrafnisdóttir (20)	ISL	1:29.10			
400m (54)		20. aug				
1	Anisa Abdulle	NOR	1:11.11			
2	Sini Paukken	FIN	1:11.17			
Long jump (12&20&37&35&38)		20. aug				
1	Stefania Daney Sigurjónsdóttir (20)	ISL	5.02/777			
2	Ellen Westling (35)	NOR	3.01/698			
3	Emma Ericsson (20)	SWE	4.67/603			
4	Iida Lounela (12)	FIN	4.97/573			
5	Ingeborg Eide Garðarsdóttir (37)	ISL	3.05/74			
6	Lina Hedberg (20)	SWE	3.21/10			
7	Meri-Tuuli Kanerva (20)	FIN	3.10/5			
	Vilma Berg (38)	FIN	NM			
Series	1	2	3	4	5	6
1	4.61	4.66	4.92	4.89	4.77	5.02
	-0,4	-0,2	0,0	0,0	0,0	0,0
2	2.75	2.95	X	2.95	X	3.01
	-0,3	-0,2		+0,6		0,0
3	X	4.39	4.63	4.67	4.42	4.57
		-1,0	0,0	0,0	+1,3	+1,0
4	4.78	4.80	X	4.79	4.97	4.62
	0,0	-0,9		0,0	0,0	+0,2
5	2.75	3.05	2.95	2.49	2.65	2.89
	0,0	+0,1	+0,6	0,0	0,0	0,0
6	2.05	2.49	2.23	2.43	2.23	3.21

7	-0,1	-0,2	0,0	0,0	-0,8	+1,0
	2.57	2.84	X	3.01	3.10	X
	-0,5	-0,2		+0,9	0,0	
	X	X	X	X	X	X

Shot put (20&37&44) (3kg/4kg)			21. aug	
1	Guðrún Hulda Sigurjónsdóttir (20)	ISL	9.38/504	
=2	Ida Nesse (44)	NOR	9.03/502	
=2	Ingeborg Eide Garðarsdóttir (37)	ISL	8.14/497	
4	Emma Ericsson (20)	SWE	8.32/349	
5	Anita Ósk Hrafnisdóttir (20)	ISL	7.21/201	
6	Íris Guðmundsdóttir (20)	ISL	7.17/196	

Series	1	2	3	4	5	6
1	8.35	9.18	8.90	9.38	9.10	9.01
=2	8.72	8.37	9.03	X	8.88	8.79
=2	7.83	X	7.71	7.86	8.14	7.64
4	6.33	X	7.65	6.58	7.16	8.32
5	6.72	6.87	6.93	7.21	7.18	7.13
6	7.01	7.08	7.17	7.02	6.82	7.11

Discus (20&37&44)			21. aug	
1	Ida Nesse (44)	NOR	29.90	
2	Guðrún Hulda Sigurjónsdóttir (20)	ISL	27.40	
3	Ingeborg Eide Garðarsdóttir (37)	ISL	18.46	
4	Emma Ericsson (20)	SWE	18.22	
5	Anita Ósk Hrafnisdóttir (20)	ISL	15.70	
6	Íris Guðmundsdóttir (20)	ISL	13.79	

Series	1	2	3	4	5	6
1	X	28.23	29.04	X	29.90	X
2	27.40	26.87	25.35	X	23.86	23.45
3	18.46	X	18.01	X	18.46	18.39
4	17.42	X	16.28	X	18.22	X
5	X	15.70	13.71	14.99	13.84	14.09
6	11.48	11.97	10.42	13.79	11.62	13.17

Javelin (20&37&44)			20. aug	
1	Ida Nesse (44)	NOR	28.00	
2	Stefania Daney Guðmundsdóttir (20)	ISL	27.61	
3	Guðrún Hulda Sigurjónsdóttir (20)	ISL	21.47	
4	Ingeborg Eide Garðarsdóttir (37)	ISL	19.23	
5	Íris Guðmundsdóttir (20)	ISL	14.45	
6	Meri-Tuuli Janerva (20)	FIN	10.29	

Series	1	2	3	4	5	6
1	23.61	26.37	28.00	26.98	27.71	26.75
2	X	21.00	19.22	X	20.91	27.61
3	20.56	20.83	21.47	X	X	X
4	X	17.70	17.14	16.08	15.95	19.23
5	X	14.39	14.45	X	X	13.45
6	X	10.29	9.53	9.51	9.60	X

Men & Women and Mix			
100m (RR1)			20. aug +0,6
1	Olof da Silva Olsson (M)	SWE	30.71
2	Marika Vahinger (W)	SWE	33.21
3	Moa Nilsson (W)	SWE	33.30
4	Henrik Eriksson (M)	SWE	33,32
5	Marte Aasvang (W)	NOR	48.45
400m (RR1)			20. aug
1	Henrik Eriksson (M)	SWE	2:13.50
2	Marika Vahinger (W)	SWE	2:20.45
3	Olof da Silva Olsson (M)	SWE	2:25.42
4	Moa Nilsson (W)	SWE	2:50.77
400m (RR2-3)			20. aug
1	Thea Jørgensen (W)	DEN	1:26.97
2	Wiktors Hansen (M)	SWE	1:34.17
3	Pontus Ståhlfors (M)	SWE	1:50.53
4	Julia Oskarsson (W)	SWE	1:53.67

4x100 m relay		21. aug	
1	FIN	57.55	(Iida Lounela, Eetu Kuisma, Antti Hovi, Sini Paukkeri)
2	NOR 2	1:05.30	(Marte Aasvang, Bjørnar Støylen, Nikkolaj Gulbrandsen, Anisa Abdulle)
3	NOR 3	1:07.97	(Sofie Jansen, Trygve Havro, Kenneth Jenssen, Skjalg Kongssund)
4	SWE 1	1:12.58	(Viktor Åberg, Lina Hedberg, Ellen Westling, Pontus Tsåhlford)
5	SWE 2	1:21.70	(Joel Reinholdsson, Emma Ericsson, Gustav Larsson, Moa Nilsson)
	NOR 1	DQ	(Julie Sairsaunet, Eirik Lindø, Sander Hegni, Ida Nesse)

Nordic Cross Country Championships

Kristiansand, NOR 6 Nov

Men

Senior

9 km

1	Mohammadreza Abootorabi	SWE	33:49
2	Max Peter Bejmer	SWE	33:57
3	Kasper Fosser	NOR	34:06
4	Jacob Sommer Simonsen	DEN	34:13
5	Mathias Flak	NOR	34:21
6	Even Brøndbo Dahl	NOR	34:27
7	Arvid Oskar Örn	SWE	34:30
8	Ibrahim Buras	NOR	34:41

9 Erik Udø Pedersen, NOR 34:59, 10 Awet Nftalem Kibrab, NOR 35:35, 11 Esben K. Rasmussen, DEN 35:45, 12 Michael Jensen, DEN 36:20, 13 Niko Putkinen, FIN 36:20, 14 Antti Ihmäki, FIN 36:33, 15 Arnar Pétursson, ISL 36:35, 16 Niklas Wihlman, FIN 36:53, Jarkko Järvenä, FIN DNF

Teams:

- 1 SWE 10p (1, 2, 7)
- 2 NOR 14p (3, 5, 6)
- 3 DEN 27p (4, 11, 12)
- 4 FIN 43p (13, 14, 16)

U20

6 km

1	Esten Hansen Møllerud-Hauen	NOR	21:13
2	Vebjørn Hovdejord	NOR	21:14
3	Andreas Fjeld Halvorsen	NOR	21:24
4	Simen Gløgård Stensrud	NOR	21:26
5	Karl Ottfalk	SWE	21:30
6	Cabriel Claesson	SWE	21:43
7	Mikko Kauppinen	FIN	21:53
8	Mathe Bøgebjerg	DEN	21:54

9 Victor T. Jørgensen, DEN 22:02, 10 Mikkel Blikstad Thomassen, NOR 22:20.9, 11 Didrik Ræssum Jensen, NOR 22:32, 12 Albin Gezelius, SWE 22:52, 13 Joakim

Bertelsen, DEN 23:23, 14 Eetu Valtola, FIN 23:34, 15 Hugo Unosson, SWE 23:35, 16 Jökull Bjarkason, ISL 23:39, 17 William Hvass, DEN 23:50, 18 Tero Korpi, FIN 23:51, 19 Luukas Kontro, FIN 23:52, Johathan Grahn, SWE DNF

Teams:

- 1 NOR 6p (1, 2, 3)
- 2 SWE 23p (5, 6, 12)
- 3 DEN 30p (8, 9, 13)
- 4 FIN 39p (7, 14, 18)

Women

Senior

9 km

1	Nathalie Blomqvist	FIN	37:03
2	Kristine Meinert Rød	NOR	37:08
3	Hanne Mjølén Maridal	NOR	37:21
4	Nanna Bové	DEN	37:38
5	Johanna Peiponen	FIN	37:39
6	Sara Christiansson	SWE	38:05
7	Eli Anne Dvergsdal	NOR	38:20
8	Anne Saugstrup	DEN	38:26

9 Juliane Hvid, DEN 38:35, 10 Johanna Larsson, SWE 39:22, 11 Aino Niemi, FIN 39:43, 12 Charlotte Andersson, SWE 40:51, 13 Elin Brink, SWE 41:36, 14 Iris Dóra Snorraddóttir, ISL 42:50, 15 Anna Berglind Pálmadóttir, ISL 43:48, Ine Bakken, NOR DNF

Teams:

- 1 NOR 12p (2, 3, 7)
- 2 FIN 17p (1, 5, 11)
- 3 DEN 21p (4, 8, 9)
- 4 SWE 28p (6, 10, 12)

U20

4,5 km

1	Sofia Thøgersen	DEN	24:52
2	Ingeborg Østgård	NOR	24:53
3	Ina Halle Haugen	NOR	24:54
4	Elsa Sundqvist	SWE	25:00
5	Maren Halle Haugen	NOR	25:13
6	Marie-Louise Jørgensen	DEN	25:18
7	My Rundgren	SWE	25:21
8	Anna Maria Nordengen Sirevåg	NOR	25:28

9 Ebba Broms, SWE 25:41, 10 Nova Ojulkangas, SWE 26:08, 11 Paulina Hultberg, SWE 26:17, 12 Nelli Viskari, FIN 26:22, 13 Marte Hovland, NOR 26:46, 14 Katrine Risvig, DEN 26:49, 15 Melissa Kykry, FIN 27:03, 16 Emilie Kirk Langschwager, DEN 27:24, 17 Emma Ranta, FIN 28:10

Teams:

- 1 NOR 10p (2, 3, 5)
- 2 SWE 20p (4, 7, 9)
- 3 DEN 21p (1, 6, 14)
- 4 FIN 44p (12, 15, 17)