

This year consists of the following competitions:

11.2	Tampere, FIN	7 th Nordic Indoor Match
20.5	Hvidovre, DEN	21 st Nordic 10000m Challenge
10.-11.6	Kuortane, FIN	45 th Nordic Junior Championships Combined Events
19.-20.8	Umeå, SWE	14 th Nordic U20 Match & Championships
17.9	Stockholm, SWE	35 th Nordic Race Walking Championships
11.11	Middelfart, DEN	21 st Nordic Cross Country Championships

Nordic Indoor Match

Pirkkiahall, Tampere, FIN 11 Feb

(Out of match events included: Discus, extra 60m, 300m hurdles)

Men

60 m 11 Feb

Declared void by Jury of Appeal

1	O'dain Rose	SWE	6.68
2	Eetu Rantala	FIN	6.73
3	Kristoffer Hari	DEN	6.76
4	Joanthan Quarcoo	NOR	6.77
5	Michael Rosenberg	NOR	6.90
	Sulayman Bah	SWE	DQ:R162.7
	Festus Asante	DEN	DQ:R162.7
	Markus Skyttä	FIN	DQ:R162.7

Re-race

1	Eetu Rantala	FIN	6.70
2	Sulayman Bah	SWE	6.75
3	Markus Skyttä	FIN	6.76
4	O'dain Rose	SWE	6.76
5	Jonathan Quarcoo	NOR	6.79
6	Festus Asante	DEN	6.81
7	Kristoffer Hari	DEN	6.89
8	Michael Rosenberg	NOR	6.93

200 m

Heat

1 2

1	1	Samulie Samuelsson	FIN	21.27
2	1	Roope Saarinen	FIN	21.35
3	2	Torbjørn Lysne	NOR	21.56
=4	2	Håkon Morken	NOR	21.64
=4	3	Nil de Oliveira	SWE	21.64
6	3	Erik Annerfalk	SWE	21.79
7	4	Ari Bragi Kárasen	ISL	22.72
8	4	Nicolai Hartling	DEN	22.72

400 m

Heat

1 2

1	1	Benjamin Lobo Veder	DEN	46.58
2	2	Mauritz Kåshagen	NOR	47.93
3	1	Felix Francois	SWE	48.03
4	3	Dennis Forsman	SWE	48.09
5	2	Ívar Kristinn Jasonarson	ISL	48.41
6	4	Erik Back	FIN	49.13
7	3	Carl Emil Kåshagen	NOR	49.31
8	4	Petteri Monni	FIN	49.36

800 m

11 Feb

1	Andreas Bube	DEN	1:50.52
2	Andreas Kramer	SWE	1:51.60
3	Christian Clausen	DEN	1:52.16
4	Joonas Rinne	FIN	1:53.07
5	Ådne Andersen	NOR	1:53.18

6	Johan Eriksson	SWE	1:54.56
7	Simon Haglund	FIN	1:54.56
8	Sondre Dingsør	NOR	2:01.17

Extra: Pace: Jouko Juntunen, FIN DNF

1500 m

11 Feb

1	William Levay	SWE	3:49.01
2	Panu Jantunen	FIN	3:49.03
3	Sigurd Blom Breivik	NOR	3:49.13
4	Mihn Kyun Co	DEN	3:49.86
5	Tuomo Salonen	FIN	3:50.62
6	Henrik I. Gravdal	NOR	3:51.11
7	Matthias Olsson	SWE	3:57.74
8	William Devantier	DEN	3:59.25

Extra: Pace: Joonas Lehtinen, FIN DNF

3000 m

11 Feb

1	Samu Mikkonen	FIN	8:06.22
2	Marius Vedvik	NOR	8:06.72
3	Vidar Johansson	SWE	8:06.73
4	Per Svela	NOR	8:06.83
5	Andreas Lindgren	DEN	8:15.37
6	Suldan Hassan	SWE	8:15.52
7	Topi Raitanen	FIN	8:31.48
		DEN/ISL	DNS

Extra: Pace: Aki Nummela, FIN DNF

60 m hurdles

11 Feb

1	Andreas Martinsen	DEN	7.71
2	Alexander Brorsson	SWE	7.79
3	Elmo Lakka	FIN	7-80
4	Fredrik Ekholm	SWE	7.88
5	Valtteri Kalliokulju	FIN	8.30
6	Sebastian Sund Frandsen	DEN	8.47
7	Sondre Guttormsen	NOR	8.55
		NOR	DNS

High jump

11 Feb

1	Fabian Delryd	SWE	2.25
2	Jonas Kløjgaard Jensen	DEN	2.10
3	Ivan Kristoffer Nilsen	NOR	2.10
4	Yuan-Zhong Wu	SWE	2.05
5	Jesse Huttunen	FIN	2.05
6	Julius Kuusela	FIN	2.00
7	Frederik Jahr	NOR	1.95
8	Mads Moos Larsen	DEN	1.90

Series 1.86 1.90 1.95 2.00 2.05 2.10 2.15 2.19 2.22 2.25 2.28

1											
2											
3											
4											
5											
6											
7											
8											

Pole vault

11 Feb

1	Eirik Dolve	NOR	5.55
2	Urho Kujanpää	FIN	5.45

3	Rasmus Jørgensen	FIN	5.25
4	Tommi Holttinen	FIN	5.15
=5	Pål Haugen Lillefosse	NOR	5-05
=5	Carl Sténson	SWE	5.05
7	Mikkel M. Nielsen	DEN	5-05
	Filip Gyllensten	SWE	NM

Series	4.50	4.65	4.80	4.95	5.05	5.15	5.25	5.35	5.45	5.55	5.60	5.70
1												xxx
2					xo							
3						xo	xxo	xx-	x			
4												
=5	o	o	o	o	o	xxx						
=5					o	xxx						
7			xxo	o	xxx							
					xxx							

Long jump

Long jump			11 Feb
1	Roni Ollikainen	FIN	7.51
2	Ingar Kiplesund	NOR	7.49
3	Jesper Hellström	SWE	7.48
4	Amund Sjørsten	NOR	7.48
5	Henri Väyrynen	FIN	7.47
6	Benjamin Gabrielsen	DEN	7.35
7	Andreas Carlsson	SWE	7.27
8	Sebastian Pedersen	DEN	7.21

Series	1	2	3	4	5	6
1	7.44	X	X	X	X	7.51
2	8.02	7.42	7.44	7.48	7.49	7.41
3	7.40	7.48	X	7.36	X	X
4	4.95	5.83	7.38	X	X	7.48
5	7.47	7.39	X	X	7.33	7.21
6	7.08	7.03	7.29	7.34	7.35	X
7	6.93	7.16	6.96	7.27	X	7.20
8	X	6.78	7.21	7.13	7.12	6.94

Triple jump

1	Simo Lipsanen	FIN	16.76
2	Tuomas Kaukolahti	FIN	15.99
3	Erik Ehrlin	SWE	15.80
4	Mathias Ström	SWE	15.45
5	Erik Lund	NOR	15.22
6	Jesper Vestbø	NOR	15.09
7	Dennis Mägi	DEN	14.72
8	Massin Ait Bouziad	DEN	14.22

Series	1	2	3	4	5	6
1	15.34	X	16.76	16.51	r	15.99
2	15.10	15.31	X	X	15.61	15.99
3	X	15.23	15.80	X	X	X
4	X	15.35	X	14.49	15.40	15.45
5	X	14.88	14.63	X	X	15.22
6	X	14.42	14.69	15.09	13.54	14.83
7	14.57	14.72	X	14.36	14.70	X
8	X	X	13.88	13.88	14.19	14.22

Shot put

1	Arttu Kangas	FIN	19.73
2	Daniel Ståhl	SWE	19.60
3	Timo Kööpikkä	FIN	18.86
4	Marcus Thomsen	NOR	17.55
5	Wictor Pettersson	SWE	17.53
6	Sven Martin Skagestad	NOR	17.49
7	Kristoffer Thomsen	DEN	15.49
8	Kenneth Mertz	DEN	14.97

Series	1	2	3	4	5	6
1	18.66	19.13	19.33	X	19.26	19.73
2	18.49	19.26	18.89	18.29	19.32	19.60
3	17.96	18.25	18.81	18.27	18.86	X
4	17.55	16.91	17.39	X	X	17.23
5	15.90	17.53	16.47	16.88	X	16.67
6	X	X	16.95	17.49	17.20	17.46
7	X	15.49	X	X	X	X
8	14.49	14.58	14.66	14.97	14.81	14.69

4x300 m relay

		11 Feb	(In reality: 250m+300m+300m+350m)
1	NOR	2:15.28	(Karsten Warholm, Håkon Morken, Torbjørn Lysne, Mauritz Kåshagen)
2	DEN/ISL	2:16:24	(Trausti Stefánsson, Martin Johansen, Ívar Kristinn Jasonarson, Nicolai Hartling)
3	FIN	2:16.24	(Samuel Purola, Roope Saarinen, Erik Back, Christoffer Envall)
4	SWE	2:16.40	(Erik Annerfalk, Adam Denguir, Viktor Elving-Nilsson, Felix Francois)

Points Men	Nation	Total
	FIN	140
	SWE	121,5
	NOR	108,5
	DEN/ISL	90

Women

60 m

			11 Feb
1	Helene Rønningen	NOR	7.43
2	Elin Östlund	SWE	7.46
3	Gladys Bamane	SWE	7.48
4	Milja Thureson	FIN	7.50
5	Mathilde Kramer	DEN	7.53
6	Mette Graversgaard	DEN	7.59
7	Astrid M. Cederkvist	NOR	7.63
8	Maria Räsänen	FIN	7.68

200 m

			11 Feb
1	1	Helene Rønningen	NOR 23.55
2	2	Jonna Berghem	FIN 24.04
3	1	Astrid M. Cederkvist	NOR 24.08
4	3	Mathilde Kramer	DEN 24.21
5	4	Denise Eriksson	SWE 24.24
6	2	Nea Mattila	FIN 24.60
7	3	Malin Ström	SWE 24.92
8	4	Ida Karstoft	DEN 24.96

400 m

			11 Feb
1	1	Arna S. Guðmundsdóttir	ISL 54.21
2	1	Viivi Lehtikoinen	FIN 54.56
3	2	Sara Dorthea Jensen	NOR 54.81
4	3	Hilla Uusimäki	FIN 54.96
5	2	Anne sofie Kirkegaard	DEN 55.34
6	3	Matilda Hellqvist	SWE 55.43
7	4	Ebba Svantesson	SWE 56.07
8	4	Karoline Daland	NOR 56.59

800 m

			11 Feb
1	Stina Troest	DEN	2:02.74
2	Hedda Hynne	NOR	2:02.80
3	Lovisa Lindh	SWE	2:03.12
4	Anna Silvander	SWE	2:05.11
5	Malin Edland	NOR	2:07.48
6	Zenitha Eriksson	FIN	2:07.54
7	Jonna Julin	FIN	2:07.96
8	Mia Helene Mørck	DEN	2:08.50

Extra: Pace: Eveliina Määttänen, FIN DNF

1500 m

			11 Feb
1	Charlotta Fougberg	SWE	4:17.12
2	Sofia Öberg	SWE	4:21.06
3	Karin Storbacka	FIN	4:23.06
4	Camilla Ziesler	NOR	4:23.58
5	Line K. Schulz	DEN	4:24.42

6	Saija Seppä	FIN	4:27.67
7	Louise Jørgensen	DEN	4:28.39
8	Kristine Dommersnes	NOR	4:35.92

Extra: Pace: Lovisa Lindh, SWE DNF

3000 m

11 Feb

1	Lena Selen	NOR	9:19.6h
2	Camilla Richardsson	FIN	9:24.2h
3	Sara Christiansson	SWE	9:32.40
4	Maria Wågan	NOR	9:36.00
5	Anna Mark Helwich	DEN	9:37.08
6	Louise Laursen	DEN	9:40.54
7	Henni Tofferi	FIN	9:44.67
8	Frida Kristiansson	SWE	9:45.38

Extra: Pace: Ilona Välimäki, FIN DNF

60 m hurdles

11 Feb

1	Susanna Kallur	SWE	8.06
2	Nooralotta Neziri	FIN	8.12
3	Lotta Harala	FIN	8.19
4	Elin Westerlund	SWE	8.29
5	Agathe H. Wathne	NOR	8.39
6	Mathilde Heltberch	DEN	8.44
7	Mette Graversgaard	DEN	8.54
8	Live H. Hilton	NOR	8.81

High jump

11 Feb

1	Sofie Skoog	SWE	1.92
2	Linda Sandblom	FIN	1.86
3	Katarina Mögenburg	NOR	1.83
4	Maja Nilsson	SWE	1.83
5	Laura Rautanen	FIN	1.77
6	Mathilde Diekema Jensen	DEN	1.74
7	Charlotte Abrahamsen	NOR	1.74
8	Sandra Bøll	DEN	1.70

Series	1.60	1.65	1.70	1.74	1.77	1.80	1.83	1.86	1.89	1.92	1.95
1											
2											
3											
4											
5											
6											
7											
8											

Pole vault

11 Feb

1	Minna Nikkanen	FIN	4.40
2	Michaela Meijer	SWE	4.30
3	Cathrine Larsåsen	NOR	4.00
4	Hanna Jansson	SWE	3.90
5	Birgitte Kjuus	NOR	3.65
6	Caroline Ranners	DEN	3.65
	Wilma Murto	FIN	NM
		DEN/ISL	DNS

Series	3.20	3.35	3.50	3.65	3.80	3.90	4.00	4.10	4.20	4.30	4.35	4.40	4.50
1													
2													
3													
4													
5													
6													

Long jump

11 Feb

1	Kaiza Karlén	SWE	6.23
2	Malin Marmbrandt	SWE	6.22
3	Kristiina Vuorvirta	FIN	6.03
4	Oda U. Onstad	NOR	6.02
5	Live H. Hilton	NOR	5.94
6	Martha Traoré	DEN	5.93

7	Emmi Mäkinen	FIN	5.83
8	Maria Rún Gunnlaugsdóttir	ISL	5.56

Series	1	2	3	4	5	6
1	6.23	4.52	6.01	6.12	X	X
2	X	6.22	6.17	X	X	6.06
3	5.86	3.92	X	5.96	X	6.03
4	5.91	5.89	6.02	5.91	5.96	X
5	X	X	X	5.77	X	5.94
6	5.73	5.83	X	5.93	5.82	3.97
7	4.16	5.83	4.61	4.08	r	
8	5.51	5.56	X	4.27	5.56	X

Triple jump

11 Feb

1	Kristiina Mäkelä	FIN	13.89
2	Sanna Nygård	FIN	13.14
3	Janne Nielsen	DEN	12.90
4	Monika Benserud	NOR	12.78
5	Revecka Abrahamsson	SWE	12.74
6	Mari S. Aarø	NOR	12.46
7	Madeline Nilsson	SWE	12.33
8	Anne Porshold	DEN	12.07

Series	1	2	3	4	5	6
1	13.65	13.89	X	X	13.69	13.68
2	13.14	13.32	12.97	13.22	13.26	13.13
3	X	12.90	10.65	12.52	X	12.70
4	12.07	12.78	12.57	10.91	X	11.05
5	X	X	X	X	12.74	X
6	12.46	12.42	12.41	12.20	12.38	12.29
7	X	X	12.20	12.33	12.23	X
8	X	11.98	11.86	12.07	11.88	11.97

Shot put

11 Feb

1	Fanny Roos	SWE	16.72
2	Trine Mulbjerg	DEN	16.32
3	Frida Åkerström	SWE	15.21
4	Kaisa Kymäläinen	FIN	15.03
5	Maria Sløk Hansen	DEN	15.00
6	Eveliina Rouvali	FIN	14.79
7	Charlotte Abrahamsen	NOR	14.30
8	Elise Gravingen	NOR	12.96

Series	1	2	3	4	5	6
1	16.72	X	X	16.58	X	X
2	15.57	16.32	15.87	X	16.14	X
3	14.24	X	X	14.77	X	15.21
4	14.24	14.62	15.03	14.44	14.57	X
5	14.16	X	14.31	X	13.94	15.00
6	13.66	14.79	X	X	X	X
7	14.20	14.10	X	14.14	14.08	X
8	12.96	X	X	12.20	X	X

4x300 m relay

11 Feb

1	NOR	2:35.26	(In reality: 250m+300m+300m+350m) (Astrid M. Cederkvist, Karoline Daland, Sara D. Jensen, Hedda Hynne)
2	FIN	2:35.70	(Emma Koistinen, Nea Mattila, Hilla Uusimäki, Viivi Lehtikainen)
3	SWE	2:36.56	(Denise Eriksson, Matilda Hellqvist, Vendela Rydbäck, Ebba Svantesson)
4	DEN/ISL	2:38.76	(Ida Karstoft, Anne Sofie Kirkegaard, Matte Graversgaard, Sandra Bøll)

Points Women	Nation	Total
	SWE	138
	FIN	122
	NOR	116
	DEN/ISL	84

Nordic 10000 m Challenge

Hvidovre Stadion, Hvidovre, DEN 20 May

Organised as part of Baneturneringen – 71 participants

Men

Senior

20 May

1	Abdi Hakin Ulad	DEN	29:23.28
2	Robin Ryyänen	FIN	29:55.86
3	Gabriel Steffensen	SWE	30:03.31

4	Jesper Faurschou	DEN	30:22.53
5	Tuomas Jokinen	FIN	30:22.58
6	Jesper Trebbien Andersen	DEN	31:00.85
7	Robin Lindgren	SWE	32:16.87

Jacob Sommer Simonsen, DEN DNS

Extra: Félicien Muhitira, RWA 28:50.82, Frederik Johansson, SWE 31:18.26, Jakob Rangelin Grissler, SWE 31:49.46, alex Mogensen, DEN 32:27.07, Lars Ejaa, DEN 32:48.20, Andreas Jansson, SWE DNF, Alexander Nilsson, SWE DNF, Bashir Dayib, SWE DNS, Johan Fagerberg, SWE DNS, Jeppe Harboe, DEN DNS, Adelegn Zewdu, SWE DNS

Women

Senior			
20 May			
1	Simone Glad Christensen	DEN	34:00.21
2	Lisa Ring	SWE	34:07.49
3	Frida Kristiansson	SWE	35:56.55
4	Sissel Møller	DEN	36:10.59
5	Maria Schou Ebbesen	DEN	36:21.97
6	Maria Egholm	DEN/FOE	37:27.86

Extra: Clementine Mukandanga, RWA 33:35.74, Sylvuia Medugu, DEN 33:56.91, Rikke Due-Andersen, DEN 36:28.68, Signe Øllgaard, DEN 37:09.02, Dorthe Bramsen, DEN 40:32.68, Tine Broksø, DEN 40:47.49, Mette Sommer Fritze, DEN 43:20.68, Helene Bothilde, DEN DNF, Vibeke Hansen, DEN DNS, Benedicte Kastrup, DEN DNS, Ellen Persson, SWE DNS

Nordic Junior Championships Combined Events

Kuortane, FIN 10-11 Jun

Men

U23 Decathlon			
1	Tuomas Valle	FIN	6.441
2	Ísak Óli Traustason	ISL	6.397
3	Nicklas Karlsson	SWE	6.294

Tristan Freyr Jónsson, ISL DNF

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

1	11.72	6.68	12.92	1.79	53.64	15.20	41.21	3.42	54.02	5:22.91
	+0,1	0,0				-0,9				
	707	739	662	619	655	825	689	462	648	435
2	11.25	6.67	11.03	1.79	51.88	15.44	32.04	3.82	43.40	4:53.85
	+0,1	+1,8				-0,9				
	806	736	548	619	730	797	505	568	492	596
3	11.98	6.46	11.64	1.79	53.64	16.34	32.06	4.32	49.29	4:52.16
	+0,1	+0,9				-0,9				
	655	688	585	619	655	695	505	708	578	606
	11.08	6.65	12.75	1.79	50.44	15.46	34.94	NM	DNS	
	+0,1	+0,6				-0,9				
	843	732	652	619	794	795	562	0		

High jump

Series	1.67	1.70	1.73	1.76	1.79	1.82
1	o	-	o	-	xo	xxx
2		o	o	o	o	xxx
3	o	-	o	o	xxx	xxx

Pole vault

Series	3.22	3.32	3.42	3.52	3.62	3.72	3.82	3.92	4.02	4.12	4.22	4.32	4.42
1	o	-	o	-	xxx								
2	o	xxx	o	xxx	o	xxx	xxx						
3										o	-	o	xxx

Long jump				Shot put				Discus throw				Javelin throw			
1	6.68	X	6.56	12.92	12.36	12.61	41.21	X	X	52.30	50.42	54.02	0,0	-0,3	
	+0,9	+0,9	+1,8												
2	6.52	6.54	6.67	X	11.03	X	30.01	X	32.04	43.13	40.59	43.40			
	+0,9	+0,9	+1,8												
3	X	6.34	6.46	11.64	X	X	32.06	X	32.03	47.02	46.54	49.29			
	+1,3	+0,9													
	X	6.52	6.65	12.09	12.52	12.25	34.94	X	32.70						
	+0,7	+0,6													

U20 Decathlon

1	Leo Uusimäki	FIN	6.972
2	Oliver Chabert	DEN	6.711

3	Gustav Lundholm Nielsen	DEN	6.670
4	Nikolaj Graves	DEN	6.598
5	Joni Heikkinen	FIN	6.186

Jakob Samuelsson, SWE DNF

Extra:

E1	Toralv Opsal	NOR	6.028
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E2 Guðmundur Kar Úlfarsson, ISL DNF, (100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

1	11.30	6.52	12.63	1.85	50.76	15.28	34.06	4.42	47.58	4:32.32
	+0,3	-0,3				-0,1				
	795	702	645	670	780	816	545	737	553	729
2	11.23	6.05	12.40	1.91	51.23	14,84	29.24	4.32	48.76	4:54.14
	+0,3	+0,6				-0,1				
	810	597	631	723	759	869	450	708	570	594
3	11.31	6.66	11.53	1.85	48.86	15.82	33.95	3.42	41.20	4:20.41
	+0,3	+0,6				-0,1				
	793	734	578	670	868	753	543	462	460	809
4	11.70	6.54	12.56	1.73	52.22	15.57	35.14	4.22	55.49	5:00.09
	+0,3	+0,3				-0,1				
	711	707	640	569	715	782	566	679	670	559
5	11.89	6.52	11.37	1.85	52.39	15.34	28.43	3.32	40.82	4:32.00
	+0,3	0,0				-0,1				
	673	702	568	670	708	809	434	436	454	732
	11.73	6.12	14.91	DNS						
	+0,3	-0,8								
	705	613	784							

Extra:

E1	11.37	6.51	13.28	1.82	49.52	15.31	40.12	NM	32.30	4:57.92
	+0,3	-1,0				-0,2				
	780	700	684	644	837	812	667	0	332	573
E2	11.33	6.44	11.84	1.70	50.84	15.56	29.67	NM	45.50	DNS
	+0,3	-0,4				-0,1				
	789	684	597	544	776	783	458	0	522	

High jump

Series	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91
1	o	-	-	o	o	o	o	xxo	o	xxx	
2	o	-	o	-	o	xo	o	o	o	o	xo
3					o	o	o	o	xxo	xxx	
4	o	o	o	xo	xxx	xxx					
5				o	-	xo	o	xo	xo	xxx	

Extra:

E1						o	-	xxo	-	xxx	
E2	xo	xo	xo	xo	xxx						

Pole vault

Series	3.12	3.22	3.32	3.42	3.52	3.62	3.72	3.82	3.92	4.02	4.12	4.22	4.32	4.42	4.52	4.62
1																
2					o	-	-	xo	-	o	-	xo	o	xxx		
3	o	o	o	xo	xxx											
4					o	-	xo	-	xo	xxo	xo	o	xxx			
5	xo	-	xo	xxx												

Extra:

E1																xxx
E2																

Long jump				Shot put				Discus throw				Javelin throw			
1	6.24	6.42	6.52	12.19	12.19	12.63	29.25	34.06	X	44.34	47.23	47.58			
	-1,0	+0,4	-0,3												
2	5.59	5.81	6.05	11.20	12.10	12.40	27.41	29.24	27.78	X	48.00	48.76			
	-0,3	+0,6	+0,6												
3	6.34	6.66	6.59	11.10	11.53	11.48	33.30	33.95	31.77	40.38	41.20	40.14			
	-0,8	+0,6	-0,5												
4	6.28	6.34	6.54	12.50	X	12.56	35.14	X	35.11	51.18	55.49	54.93			
	-1,0	+0,7	+0,3												
5	X	6.49	6.52	11.11	11.37	11.36	26.47	28.43	28.13	40.82	39.62	39.96			
	+0,6	0,0													
	6.12	-	-	14.78	X	14.91									
	-0,8														

Extra:

E1	6.51	6.49	6.49	13.28	12.75	13.23	39.06	40.12	X	32.30	-	-			
	-1,0	+0,4	+0,2												
E2	6.24	6.44	5.78	11.44	11.84	11.66	22.23	26.33	29.67	38.80	42.57	45.50			
	-0,3	-0,4	+0,4												

U18 Decathlon

1	Mads Lund	DEN	7.112
2	Simon Thor	SWE	6.720

3	Juuso Toivonen	FIN	6.613
4	Philip Störmne	SWE	6.019
5	Kolbeinn Tómas Jónsson	ISL	5.975

Carl af Forselles, SWE DNF

Extra:

E1	Markus Rooth	NOR	6.626
E2	Gjert Høie Sjørusen	NOR	6.396
E3	Simen Sebastian Hansen	NOR	5.676

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 400m, 100m, Long jump, Shot put 5kg, High jump, 1500m)

1 11.35 6.68 14.50 1.86 50.35 15.13 44.27 3.50 50.59 4:38.99

+0,4 -0,8

784 739 759 679 799

834 752 482 597 687

2 12.33 6.28 14.71 1.98 56.74 16.25 46.13 4.10 54.06 4:51.89

+0,1 +0,4

588 648 772 785 531

705 790 645 649 607

3 11.70 6.45 13.46 1.83 52.14 15.26 30.57 4.20 46.57 4:45.49

+0,1 +1,0

711 686 695 653 719

818 474 673 538 646

4 11.79 6.21 11.52 1.77 51.89 15.07 29.16 3.70 35.51 4:55.84

+0,4 -0,8

693 632 577 602 730

841 448 535 377 584

5 11.50 6.12 13.66 1.80 52.64 15.77 36.03 2.90 35.54 5:06.46

+0,4 -0,7

753 613 708 627 697

759 584 333 378 523

11.53 6.10 10.61 2.07 DNS

+0,1 -0,3

746 608 522 868

Extra:

E1 11.54 6.62 12.72 1.77 51.79 14.96 34.81 3.80 55.46 5:06.07

+0,4 +1,7

744 746 693 602 630

918 668 431 509 444

E2 11.49 6.71 13.42 1.77 54.24 14.44 40.19 3:30 44.56 5:21.18

+0,4 -0,3

755 746 693 602 630

918 668 431 509 444

E3 12.07 5.72 12.47 1.71 53.72 15.82 29.76 3.00 46.13 4:57.96

+0,4 +0,9

637 527 635 552 651

753 460 357 532 572

High jump

Series 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92

1.95 1.98 2.01 2.04 2.07

1 o xo xo xxo xxx

2 o o - xxo xxo

3 o - o o xxo xxx

4 o - xxo - xxx

5 o - o o o xxx

o - o o o - o -

xo xxo xxo - or

Extra:

E1 o - - - - o - - o o xo xxx

E2 o - - - - o - xxo o xxo xxx

E3 o - o - o o o o o xxx

Pole vault: (Jumped parallel in two groups).

Series 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10

4.20 4.30

1 o - o xxx Group 1

2 o - o Group 2

3 - xxx Group 2

4 - xxx Group 1

5 o o xxx Group 1

Extra:

E1 o o o o o xxx Group 2

E2 o - xo o o xo xxx Group 1

E3 xxo xo o xxx Group 1

Long jump Shot put Discus throw Javelin throw

1 6.68 5.99 6.59 13.93 X 14.50 41.81 44.27 37.97 50.59 - -

-0,8 -0,7 -0,9

2 6.00 X 6.28 13.51 X 14.71 43.74 X 46.13 54.06 53.17 53.67

-0,3 +0,4

3 6.23 6.31 6.45 12.80 13.46 X X X 30.47 46.57 44.42 45.84

-0,7 -0,3 +1,0

4 6.08 X 6.21 X 11.52 X 29.16 X 28.94 X 35.41 35.51

-1,1 -0,8

5 5.85 6.06 6.12 12.93 13.66 X 30.60 29.45 36.03 35.27 35.54 X

+0,9 +0,3 -0,7

6.10 X X 10.35 10.39 10.61

-0,3

Extra:

E1 6.03 6.04 6.62 12.33 12.72 12.15 33.28 34.81 31.62 55.46 X 52.48

+2,2 +1,6 +1,7

E2 6.27 6.71 X 12.89 13.42 13.37 40.19 X X X 38.29 44.56

-0,8 -0,3

E3 5.62 5.72 X 11.83 12.47 12.14 X X 29.76 X 43.79 46.31

+0,3 +0,9

Women

U23 Heptathlon

1	Mia Sillman	FIN	5.475
2	Maria Huntington	FIN	5.385
3	Caroline Fleischer	NOR	5.193
4	Victoria Stöckel	SWE	4.946
5	Emilia Stenström	SWE	4.679
6	Anna Larsson	SWE	4.225

Extra:

E1 Pinja Pikkupaura FIN 4.926

E2 Tilda Lipasti FIN 4.429

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

1 14.45 1.74 12.57 25.95 5.82 39.00 2:28.49

-1,0 +1,3 +0,6

916 903 699 802 795 648 712

2 14.05 1.65 11.02 25.74 5.82 41.34 2:28.26

-1,0 +1,3 +0,2

9.71 795 596 820 795 693 715

3 14.88 1.83 8.36 26.63 5.63 31.50 2:13.75

-1,0 +1,3 +1,4

858 1016 423 743 738 505 910

4 15.67 1.65 12.50 26.29 5.08 37.87 2:27.62

-1,0 +1,3 +1,6

755 795 694 772 581 626 723

5 15.65 1.62 11.06 27.16 5.23 33.91 2:30.25

-1,0 +1,3 +1,0

758 759 599 699 623 551 690

6 16.43 1.59 8.95 27.76 5.27 28.63 2:34.04

-1,0 +1,3 +0,7

662 724 461 650 634 451 643

Extra:

E1 14.54 1.59 10.07 26.11 5.78 28.06 2:25.22

-1,0 +1,3 +1,5

903 724 534 788 783 440 754

E2 15.86 1.62 9.84 26.95 5.72 28.24 2:47.06

-1,0 +1,3 +1,7

732 759 519 716 765 443 495

High jump

Series 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86

1 o - xxo xo xxx

2 o - xxo xxx

3 o o o o xo o

4 o o xo xo xo xxx

5 o o xo o xxo xxx

6 o xo o xxo xxx

Extra:

E1 o xo xo xxo xxo xxx

E2 o o o o xo xo xxx

Long jump Shot put Javelin throw

1 5.81 5.78 5.82 11.21 12.57 X 35.92 34.13 39.00

+0,4 +1,2 +0,6

2 5.71 5.81 5.82 9.52 10.97 11.02 32.77 41.34 39.17

+1,1 +1,3 +0,2

3 X 5.63 5.51 8.36 7.53 7.86 29.89 27.52 31.50

+1,4 +0,7

4 5.04 4.83 5.08 12.50 12.10 12.14 37.87 35.34 34.55

+0,9 +1,5 +1,6

5 5.17 5.23 5.07 10.79 10.98 11.06 33.15 33.91 32.14

+0,9 +1,0 +0,9

6 X X 5.27 8.95 X X 28.63 26.86 X

+0,7

Extra:

E1 X 5.78 5.74 9.65 10.07 9.71 25.68 28.06 26.03

+1,5 +1,1

E2 5.72 5.66 5.52 9.50 9.84 X X 26.80 28.24

+1,7 +1,7 +1,1

6 4.75 4.90 4.99 8.61 X 9.76 20.54 19.68 21.75
+1,1 +0,7 +0,5
7 X 3.30 X 10.85 10.42 9.92 28.43 30.46 28.17
+1,5

Nordic U20 Match & Championships

Umeå, SWE 19-20 Aug

Men

100 m	19 Aug	+2,4
1 Henrik Larsson	SWE	10.32
2 Mathias Hove Johansen	NOR	10.62
3 Riku Illukka	FIN	10.64
4 Pål Haugen Lillefosse	NOR	10.68
5 Peter Andersson	DEN/ISL	10.74
6 Tobias G. Larsen	DEN/ISL	10.87
7 Konsta Alatuja	FIN	10.88
8 Alexander Andreasson	SWE	11.28

200 m	20 Aug	+0,1
1 Henrik Larsson	SWE	20.94
2 Mathias Hove Johansen	NOR	21.26
3 Riku Illukka	FIN	21.33
4 Tobias G. Larsen	DEN/ISL	21.71
5 Peter Andersson	DEN/ISL	22.07
6 Stephan Skogheim Kyeremeh	NOR	22.08
7 Victor Koch	SWE	22.26
Santeri Kuusiniemi	FIN	DNF

400 m	19 Aug	
1 Niklas Bergman Larsson	SWE	47.45
2 Markus Teijula	FIN	48.08
3 Gustav Lundholm Nielsen	DEN/ISL	48.37
4 Luca Thompson	NOR	48.87
5 Emmanuel Quarcoo	NOR	49.18
6 Markus Erikilä	FIN	49.69
7 Michael Giraldi	SWE	49.82
8 Mathias Astrup	DEN/ISL	50.39

800 m	20 Aug	
1 Markus Teijula	FIN	1:56.06
2 Sondre Juven	NOR	1:56.72
3 Didrik Hexeberg Warlo	NOR	1:56.91
4 Edvin Hagberg	SWE	1:57.33
5 William Devantier	DEN/ISL	1:58.08
6 Konsta Hämäläinen	FIN	1:58.60
7 Trausti Þor Þorsteins	DEN/ISL	1:58.63
8 Oliver Löfqvist	SWE	1:59.61

1500 m	19 Aug	
1 Thomas Jefferson Byrkjeland	NOR	3:51.44
2 Suldan Hassan	SWE	3:51.66
3 Sondre Juven	NOR	3:52.32
4 Andreas Lindgreen	DEN/ISL	3:55.03
5 Oliver Löfqvist	SWE	3:56.17
6 Sebastia Rahbech Stensvig	DEN/ISL	4:00.26
7 Konsta Hämäläinen	FIN	4:03.01
8 Niklas Lainto	FIN	4:03.36

5000 m	19 Aug	
1 Fredrik Sandvik	NOR	15:17.88
2 Otto Kaario	FIN	15:20.89
3 Lars Agnar Hjelmset	NOR	15:21.20
4 Miguel Palm	SWE	15:22.22
5 Tuomas Heikkilä	FIN	15:23.44

6 Sebastian Nilsson	SWE	15:23.89
7 Mubaarik Ibrahim	DEN/ISL	15:36.74
8 Alexander Siedler Nielsen	DEN/ISL	15:39.10

110 m hurdles	20 Aug	+1,2
1 Max Hrelja	SWE	13.73
2 Santeri Kuusiniemi	FIN	14.16
3 Joel Bengtsson	SWE	14.48
4 Pyy Santahuhta	FIN	14.60
5 Oliver Chabert	DEN/ISL	14.82
6 Toralv Opsal	NOR	14.88
7 Sondre Guttormsen	NOR	15.07
8 Sebastien Sund Frandsen	DEN/ISL	15.18

400 m hurdles	19 Aug	
1 Tuomas Lehtonen	FIN	51.96
2 Toralv Opsal	NOR	52.96
3 William Frobe	SWE	53.65
4 Samuel Wijk	SWE	53.98
5 Jonni Blomqvist	FIN	54.18
6 Syver Røinaas	NOR	56.15
7 Jacob Hvorup	DEN/ISL	56.81
8 Daði Arnarsson	DEN/ISL	60.39

3000 m steeplechase	20 Aug	
1 Thomas Jefferson Byrkjeland	NOR	9:49.53
2 Leo Magnusson	SWE	9:50.81
3 Wilho Hautala	FIN	9:53.66
4 Fredrik Sandvik	NOR	9:55.94
5 Otto Kaario	FIN	10:06.86
6 Jonas Gertsen	DEN/ISL	10:13.03
7 Olov Silvander	SWE	10:13.15
8 Andreas Nors Rebstrup	DEN/ISL	11:19.43

High jump	20 Aug	
1 Filip Björklund	SWE	2.05
2 Simon Wiklund	SWE	2.03
3 Julius Kuusela	FIN	2.01
4 Jussi Lepistö	FIN	1.99
5 Storm Koksvik	NOR	1.99
6 Vetle Raa Ellingsen	NOR	1.93
7 Marius Hytholm Alex Petersen	DEN/ISL	1.85
Oliver Chabert	DEN/ISL	DNS

Series	1.80	1.85	1.90	1.93	1.96	1.99	2.01	2.03	2.05	2.07	2.11
1											xxx
2											
3											
4											
5											
6											
7											

Pole vault	19 Aug	
1 Sondre Guttormsen	NOR	5.10
2 Pål Haugen Lillefosse	NOR	5.10
3 Jesse Salmi	FIN	4.80
=4 Guðmundur Karl Ólafsson	DEN/ISL	4.70
=4 Tom Johansson	SW	4.70
6 Robin Jacobsson	SWE	4.60
7 Aske Valdermar Petersen	DEN/ISL	4.50
Eetu Turakainen	FIN	NM

Series	4.20	4.35	4.50	4.60	4.70	4.80	4.90	5.00	5.10	5.15	5.40
1											xxx
2											
3											
=4											
=4											
6											
7											

8 xxx

Long jump		19 Aug	
1	Ilkka Alingue	FIN	7.13
2	Henrik Flåtnes	NOR	7.12
3	Kasper Larsen	DEN/ISL	7.05
4	Emil Ipsen	DEN/ISL	7.00
5	Antti Tuomela	FIN	6.91
6	Jonathan Hirsch	SWE	6.83
7	David Svensson	SWE	6.68
8	Toralv Opsal	NOR	6.67

Series	1	2	3	4	5	6
1	6.99	7.07	X	6.88	X	7.13
	+2,+	+2,1		-0,5		+2,3
2	X	6.75	X	7.12	X	X
		+1,9		+1,3		
3	6.70	6.69	6.92	X	X	7.05
	+2,1	+1,6	+2,8			+3,1
4	6.98	X	7.00	6.97	X	6.95
	+2,2		+2,1	+1,9		+3,2
5	6.91	6.80	6.83	X	6.85	X
	+2,0	+3,4	+2,5		+4,8	
6	6.83	X	6.68	X	X	X
	+3,8		+2,3			
7	X	6.68	X	4.91	X	3.77
		+1,0		+5,6		+2,7
8	6.41	6.67	X	6.49	X	6.49
	+2,1	+2,8		+1,5		+3,6

Triple jump		20 Aug	
1	Ilkka Alingue	FIN	15.21
2	Antti Tiekso	FIN	15.13
3	Erlend Bolstad Raa	NOR	14.85
4	Max Hejdenberg	SWE	14.69
5	Marcus Lundborg	SWE	14.61
6	Henrik Flåtnes	NOR	14.34
7	Guðmundur Smári Daníelsson	DEN/ISL	13.50
		DEN/ISL	DNS

Series	1	2	3	4	5	6
1	14.39	14.74	15.00	14.99	13.90	15.21
	+1,6	+0,8	+2,9	+1,8	+8,4	+3,7
2	15.13	14.80	14.55	X	14.87	X
	+0,8	+2,3	+2,2		+6,9	
3	14.71	X	14.85	14.74	X	X
	+0,8		+4,4			
4	X	13.93	X	12.75	14.68	X
		+4,5		+4,5	+1,1	
5	X	X	14.43	14.07	14.61	14.36
			+5,3	+2,5	+4,6	+1,2
6	14.02	X	14.25	14.28	14.17	14.34
	+4,8		+3,2	-2,3	+2,8	+2,7
7	X	X	13.50	X	X	X
			+5,5			

Shot put		19 Aug	
1	Marcus Thomsen	NOR	20.67
2	Wictor Petersson	SWE	19.84
3	Eero Ahola	FIN	19.15
4	Lauri Lindqvist	FIN	16.56
5	Jacob Samuelsson	SWE	15.73
6	Tómas Gunnar Gunnarsson Smith	DEN/ISL	15.44
7	Torkel Andreassen Bjørbæk	NOR	15.14
8	Mads Ringsted	DEN/ISL	14.47

Series	1	2	3	4	5	6
1	X	X	20.48	19.91	20.67	20.29
2	17.90	18.80	19.84	X	X	19.36
3	X	X	18.61	19.04	19.15	X
4	15.77	15.74	16.56	X	16.36	16.15
5	14.81	15.17	15.33	15.56	15.73	X
6	14.91	X	15.44	X	14.49	15.04
7	13.85	14.94	15.14	14.07	14.43	X
8	13.56	14.22	13.77	13.85	14.47	13.88

Discus throw		20 Aug	
1	Wictor Petersson	SWE	60.66
2	Casper Jørgensen	DEN/ISL	53.55
3	Fabian Weinberg	NOR	52.04

4	Eero Ahola	FIN	51.91
5	Lukas Hamrin	SWE	51.72
6	Torkel Andreassen Bjørbæk	NOR	50.49
7	Mímir Sigurðsson	DEN/ISL	50.42
8	Lauri Lindqvist	FIN	46.98

Series	1	2	3	4	5	6
1	51.17	54.32	60.66	X	58.80	59.16
2	48.33	53.55	52.74	52.36	X	51.38
3	X	49.69	45.66	X	52.04	X
4	X	51.91	X	48.60	X	X
5	50.68	49.63	51.72	48.72	X	50.32
6	35.91	50.49	49.09	50.04	X	49.00
7	X	45.34	48.14	50.42	49.69	X
8	X	X	42.80	X	46.98	46.89

Hammer throw		19 Aug	
1	Roope Auvinen	FIN	71.46
2	August Bergstrand	SWE	67.53
3	Hans Barrett	DEN/ISL	65.06
4	Martin Kornerud	NOR	63.64
5	Patrik Lindstedt	SWE	62.64
6	Marco Kammer	FIN	60.99
7	Herman Aurdal	NOR	58.75
8	Mathias Aastrup Jørgensen	DEN/ISL	47.75

Series	1	2	3	4	5	6
1	67.40	69.98	71.46	X	X	70.22
2	54.50	X	59.69	60.12	64.05	67.53
3	62.87	62.10	60.93	60.21	64.32	65.06
4	58.86	X	X	X	X	63.64
5	61.04	62.03	X	60.46	62.64	X
6	60.99	X	X	X	X	X
7	53.75	X	X	58.26	58.75	56.67
8	X	X	X	43.38	X	47.75

Javelin throw		20 Aug	
1	Sondre Alexander Høyland	NOR	75.26
2	Kasper Sagen	NOR	66.66
3	Jonathan Amneskog	SWE	64.07
4	Jakob Eriksson	SWE	63.59
5	Tino Mäkelä	FIN	60.90
6	Lassi Yli-Kotila	FIN	58.94
7	Arthur W. Petersen	DEN/ISL	58.86
8	Guðmundur Smári Daníelsson	DEN/ISL	55.47

Series	1	2	3	4	5	6
1	68.43	-	X	65.96	75.26	-
2	65.27	65.65	63.34	62.04	X	66.66
3	64.07	61.56	X	62.89	X	X
4	58.51	56.81	61.07	60.77	58.58	63.59
5	60.90	59.42	X	X	X	X
6	X	49.98	53.87	52.96	58.94	54.91
7	57.09	55.74	X	58.86	57.94	X
8	50.38	55.47	53.99	50.21	X	X

4x100 m relay		19 Aug	
1	NOR	41.64	(Muhammed Jatta, Stephan Skogheim Kyeremeh, Mathias Hove Johansen, Pål Haugen Lillefosse)
2	SWE	41.72	(Max Hrelja, Henrik Larsson, Victor Koch, Joel Bengtsson)
3	FIN	41.90	(Daniel Savolainen, Erno Mehtonen, Santeri Kuusiniemi, Riku Illukka)
4	DEN/ISL	42.19	(Emil Mader Kjær, Tobias G. Larsen, Jacob Hvorup, Peter Andersson)

4x400 m relay		20 Aug	
1	FIN	3:14.21	(Tuomas Lehtonen, Markus Erikilä, Jonni Blomqvist, Markus Teijula)
2	NOR	3:14.30	(Muhammad Jatta, Luca Thompson, Emmanuel Quarcoo, Toralf Opsal)
3	SWE	3:14.50	(William Frobe, Samuel Wijk, Michael Girdali, Niklas Bergman Larsson)
4	DEN	3:21.16	(Mathias Astrup, Jacob Hvorup, William Devantier, Gustav Lundholm Nielsen)
ISL	DNS		(Guðmundur Karl Úlfarsson, Trausti Þor Þorsteins, Daði Arnarson, Guðmundur Smári Daníelsson)

Points Men	Nation	Day 1	Day 2	Total
	NOR	110	88	198
	SWE	90,5	93	183,5
	FIN	90	87	177
	DEN/ISL	57,5	41	98,5

Women

	100 m	19 Aug	+0,5
1	Ingvild Meinseth	NOR	11.72
2	Aino Pulkkinen	FIN	11.86
3	Claudia Payton	SWE	11.94
4	Ida Eikeng	NOR	11.94
5	Sanni Mahonen	FIN	11.98
6	Guðbjörg Jóna Bjarnadóttir	DEN/ISL	12.03
7	Tiana Ósk Whitworth	DEN/ISL	12.17
8	Hanna Axelsson	SWE	12.38

	200 m	20 Aug	+2,9
1	Ingvild Meinseth	NOR	23.79
2	Guðbjörg Jóna Bjarnadóttir	DEN/ISL	23.87
3	Aino Pulkkinen	FIN	24.01
4	Viivi Lehikoinen	FIN	24.05
5	Ida Eikeng	NOR	24.22
6	Denise Eriksson	SWE	24.27
7	Nikki Sjöberg	SWE	24.44
8	Tiana Ósk Whitworth	DEN/ISL	24.56

	400 m	19 Aug	
1	Nea Mattila	FIN	54.61
2	Josefine Tomine Eriksen	NOR	54.88
3	Linnea Frobe	SWE	55.56
4	Wilma Lassfolk	FIN	55.96
5	Guðbjörg Jóna Bjarnadóttir	DEN/ISL	56.34
6	Moa Mattisson	SWE	56.54
7	Marie Skjæggestad	NOR	56.69
8	Freja Wærness	DEN/ISL	58.08

	800 m	20 Aug	
1	Mia Helen Mørck	DEN	2:11.34
2	Camilla Ziesler	NOR	2:12.07
3	Bianca Salming	SWE	2:12.80
4	Veera Mensonen	FIN	2:14.47
5	Nathalie Richter-Mikkelsen	DEN/ISL	2:14.69
6	Vilde Våge Henriksen	NOR	2:14.82
7	Janette Niemi	FIN	2:15.93
8	Sofia Johansson	SWE	2:16.67

	1500 m	19 Aug	
1	Camilla Ziesler	NOR	4:31.49
2	Anna Mark Helwich	DEN/ISL	4:33.91
3	Kristine Lande Dommersnes	NOR	4:35.36
4	Julia Samuelsson	SWE	4:36.69
5	Beatrice Brink	SWE	4:41.05
6	Aino Kuljukka	FIN	4:42.51
7	Veera Mesonen	FIN	4:48.42
	Mia Helene Mørck	DEN/ISL	DNS

	3000 m	19 Aug	
1	Sofie Sjøfeldt	DEN/ISL	10:02.02
2	Heidi Kuuttinen	FIN	10:02.44
3	Karoline Skauen	NOR	10:02.45
4	Astrid Snäll	FIN	10:02.80
5	Stine Wangberg	NOR	10:08.36
6	Eleonora Olsmats	SWE	10:09.47
7	Mia van Wagenen	DEN/ISL	10:18.11

8	Thea Boström	SWE	10:25.23
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100 m hurdles

		20 Aug	-0,8
1	Amanda Hansson	SWE	13.65
2	Kristi Strømmen Kjerpset	NOR	14.05
3	Julia Enarvi	FIN	14.13
4	Martine K. Hjørnevik	NOR	14.26
5	Ida Thunberg	SWE	14.52
6	Anni Siirtola	FIN	15.51
7	Irma Gunnarsdóttir	DEN/ISL	15.86
8	Hildigunnur Þórarinsdóttir	DEN/ISL	15.91

400 m hurdles

		19 Aug	
1	Viivi Lehikoinen	FIN	59.50
2	Marie Skjæggestad	NOR	60.48
3	Viola Järvinen	FIN	61.28
4	Amanda Holmberg	SWE	61.92
5	Solveig Hernandez Vråle	NOR	63.37
6	Tove Söder	SWE	63.90
7	Nathalie Richter-Mikkelsen	DEN/ISL	64.85
	Liv Stæhr Rødtnes	DEN/ISL	DQ

3000 m steeplechase

		20 Aug	
1	Astrid Snäll	FIN	10:21.07
2	Aino Kuljukka	FIN	10:34.41
3	Karoline Skauen	NOR	10:38.06
4	Julia Samuelsson	SWE	10:44.75
5	Sophie Sjøfeldt	DEN/ISL	10:47.00
6	Ingvild Myking	NOR	11:03.22
7	Andrea Kolbeinsdóttir	DEN/ISL	11:16.98
8	Alice Greberg	SWE	11:23.18

High jump

		19 Aug	
1	Maja Nilsson	SWE	1.86
2	Ella Junnila	FIN	1.76
3	Bianca Salming	SWE	1.76
4	Saara Sinervo	FIN	1.70
5	Line Myrestøl Johansson	NOR	1.65
6	Rikke Andersen	DEN/ISL	1.65
=7	Ingrid Færøvik Mork	NOR	1.65
=7	Tina Bischoff Gelin	DEN/ISL	1.65

Series	1.55	1.60	1.65	1.70	1.73	1.76	1.79	1.83	1.86	
1										r
2										
3										
4										
5										
6										
=7										
=7										

Pole vault

		20 Aug	
1	Elina Lampela	FIN	4.15
2	Laura Ollikainen	FIN	3.90
3	Birgitte Kjuus	NOR	3.80
=4	Hedda Kjølberg Hauge	NOR	3.60
=4	Hanna Viklund	SWE	3.60
6	Linnea Jönsson	SWE	3.50
7	Hilda Steinunn Egilsdóttir	DEN/ISL	3.50
8	Laura Grønbech	DEN/ISL	3.35

Series	3.20	3.35	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.15	4.27
1											
2											
3											
=4											
=4											
6											
7											
8											

Long jump

1	Kaiza Karlén	SWE	6.16
2	Thale Leirfall Bremset	NOR	6.03
3	Live Haugstad Hilton	NOR	5.81
4	Sara Sjögren	SWE	5.80
5	Saara Hakanen	FIN	5.69
6	Irma Gunnarsdóttir	DEN/ISL	5.62
7	Henriikka Parpala	FIN	5.69
8	Hannah Illum Petersen	DEN/ISL	5.37

Series	1	2	3	4	5	6
1	X	X	5.81	5.88	6.04	6.16
			+4,7	+2,8	+0,7	+0,5
2	5.64	5.91	5.64	6.03	X	X
	+4,9	+2,7	+2,7	+3,0		
3	X	5.36	X	X	5.44	5.81
		-0,2			+2,2	+6,3
4	5.80	X	5.61	X	X	5.61
	+7,0		+1,0			+2,5
5	X	5.69	X	5.58	X	5.66
		+5,4		+5,6		-0,1
6	5.32	5.62	5.19	5.13	5.53	5.48
	+6,3	+3,5	+7,3	+2,3	+5,8	+3,9
7	5.57	5.59	X	5.28	5.43	X
	+2,4	+8,2		+4,3	+7,2	
8	4.94	5.34	5.09	5.14	4.90	5.37
	0,0	+4,9	+2,6	+5,3	-1,3	+4,3

Triple jump

1	Saara Hakanen	FIN	12.68
2	Emelie Nyman-Wänseth	SWE	12.54
3	Jenny Lestander	SWE	12.32
4	Ada Koistinen	FIN	12.29
5	Mari Sellevåg Aarø	NOR	12.29
6	Hildigunnur Þórarinsdóttir	DEN/ISL	11.90
7	Guri Sellevåg Aarø	NOR	11.81
8	Helga Margrét Haraldsdóttir	DEN/ISL	11.09

Series	1	2	3	4	5	6
1	12.29	X	12.68	X	12.60	12.54
	+1,1		+1,4		+2,7	+1,5
2	12.31	12.51	X	12.05	12.06	12.54
	+1,4	+1,1		+0,4	+2,4	+1,7
3	12.32	X	12.12	X	12.29	12.30
	+0,6		+1,8		+2,8	+2,3
4	12.14	12.29	12.26	X	12.15	12.13
	+1,1	+1,1	+1,1		+1,2	+1,0
5	12.18	X	11.72	12.23	11.95	12.29
	+2,1		+1,4	+2,7	+0,9	+4,1
6	11.90	X	X	11.55	X	11.59
	+1,8			+2,9		+2,1
7	11.78	11.81	11.18	X	11.35	11.56
	+1,4	+1,3	+1,7		+2,4	+1,7
8	X	X	11.09	X	X	X
			+1,7			

Shot put

1	Amanda Malmehed	SWE	15.03
2	Helena Leveelahti	FIN	14.15
3	Ayoe B, Røbel	DEN/ISL	13.75
4	Thea Jensen	DEN/ISL	13.71
5	Henna Sallinen	FIN	13.54
6	Mathilda Eriksson	SWE	13.19
7	Elise Gravingen	NOR	12.56
8	Berit Stunes Isene	NOR	11.81

Series	1	2	3	4	5	6
1	14.66	14.53	14.38	X	14.46	15.03
2	13.55	X	13.86	13.83	14.15	X
3	13.28	12.88	13.28	X	13.75	13.69
4	13.44	13.71	X	X	13.37	X
5	13.38	13.20	13.12	13.44	13.54	13.53
6	11.75	12.68	12.78	12.60	13.19	X
7	11.64	12.23	12.41	12.56	12.28	X
8	11.81	X	X	X	X	11.27

Discus throw

1	Helena Leveelahti	FIN	50.64
2	Mathilda Eriksson	SWE	50.05
3	Thea Jensen	DEN/ISL	44.86

4	Vanessa Kamga	SWE	42.86
5	Annsophie Hartmann Nielsen	DEN/ISL	40.81
6	Berit Stunes Isene	NOR	39.93
7	Elisabeth Thon Rosvold	NOR	39.11
8	Henna Sallinen	FIN	37.90

Series	1	2	3	4	5	6
1	50.17	49.31	50.64	X	X	X
2	44.43	44.13	50.05	X	45.93	X
3	X	X	38.53	44.64	40.12	44.86
4	X	X	X	X	X	42.86
5	40.46	X	37.40	40.81	34.12	37.29
6	32.94	33.92	X	38.85	X	39.93
7	X	39.09	X	37.90	37.72	39.11
8	37.90	X	X	X	X	X

Hammer throw

1	Grete Ahlberg	SWE	63.17
2	Tytti Oikarainen	FIN	55.89
3	Lise Lotte Jepsen	DEN/ISL	55.31
4	Emilia Olkkonen	FIN	54.48
5	Vilde Emilie Ingvaldsen	NOR	47.96
6	Jessica Mattsson	SWE	47.49
7	Helle Henriksen Hvidsten	NOR	46.66
8	Rut Tryggvadóttir	DEN/ISL	46.66

Series	1	2	3	4	5	6
1	X	63.17	X	62.56	62.87	X
2	55.89	X	55.88	54.26	55.86	X
3	X	55.31	X	X	X	X
4	45.18	X	X	X	54.48	X
5	X	47.96	X	X	46.34	X
6	X	X	47.49	X	47.49	X
7	X	46.66	X	45.90	46.14	45.06
8	X	45.73	X	46.66	X	X

Javelin throw

1	Carolin Näslund	SWE	53.43
2	Stella Weinberg	NOR	52.45
3	Elina Kinnunen	FIN	48.60
4	Kaja Mørch Pettersen	NOR	48.37
5	Roosa Ylönen	FIN	46.19
6	Irma Gunnarsdóttir	DEN/ISL	45.77
7	Sarah Bahat	DEN/ISL	42.62
8	Maja Gustavsson	SWE	42.52

Series	1	2	3	4	5	6
1	47.78	46.40	50.87	X	53.43	49.13
2	50.46	X	48.05	X	52.45	X
3	45.59	47.17	45.62	X	48.60	44.50
4	44.26	X	48.37	45.88	47.60	46.01
5	40.10	41.15	41.45	X	42.12	46.19
6	42.34	44.63	43.97	44.54	43.66	45.77
7	38.67	X	42.62	39.44	40.99	38.39
8	42.52	X	X	39.84	39.39	41.73

4x100 m relay

1	NOR	45.52	(Vilde Aasmo, Ida Eikeng, Ingvald Meinseth, Live Haugstad Hilton)
2	ISL	46.56	(Tina Ósk Whothworth, Birna Kristin Kristjánsdóttir, Helga Margrét Haraldsdóttir, Guððbjörg Jóna Bjarnadóttir)
3	FIN	46.61	(Anni Siirtola, Sanni Mahonen, Kira Kruuti, Henriikka Parpala)
4	DEN	48.36	(Amalie Brammer Kristiansen, Mathilde Prietzel Nielsen, Emilie Pedersen)
	SWE	DNF	(Claudia Payton, Amanda Hansson, Nikki Sjöberg, Denise Eriksson)

4x400 m relay

1	FIN	3:45.52	(Aino Pulkkinen, Nea Mattila, Wilma Lassfolk, Viivi Lehtikainen)
2	NOR	3:46.59	(Marie Skjæggestad, Solveig Hernandez Vråle, Ingvald Meinseth, Josefine Tomine Eriksen)
3	DEN	3:47.79	(Freja Wærness, Nathalie Richter-Mikkelsen, Olivia Thorsgaard, Mia Helene Mørck)

4	SWE	3:49.88	(Linnea Frobe, Moa Mattisson, Ida Callenvik, Amanda Holmberg)
	ISL	DNS	(Guðbjörg Jóna Bjarnadóttir, Hildigunnur Þórarinsdóttir, Tiana Ósk Withworth, Helga Margrét Haraldsdóttir)

Points Women	Nation	Day 1	Day 2	Total
	FIN	106	95	201
	NOR	94,5	81,5	176
	SWE	87	77,5	164,5
	DEN/ISL	58,5	58	116,5

Points Total	Nation	Day 1	Day 2	Total
	FIN	196	182	378
	NOR	204,5	169,5	374
	SWE	177,5	170,5	348
	DEN/ISL	106	99	115

Nordic Race Walking Championships

Sätra IP, Stockholm, SWE 17 sep

Men

Senior			20000m
1	Ato Ibañez	SWE	1:28:42.77
2	Anders Hansson	SWE	1:29:01.68
3	Elmo Koivunen	FIN	1:34:07.86
4	Timo Viljanen	FIN	1:39:16.50
5	Christer Svensson	SWE	1:39:58.81

U23			20000m
1	Jaakko Määttä	FIN	1:41:32.03
	Hugo Leppäsyryjä	FIN	DNS

U20			10000m
1	Joni Hava	FIN	45:52.24
	Jere Niemi	FIN	DNS

U18			5000m
1	Lauri Joukas	FIN	23:29.15
2	Aati Komulainen	FIN	23:42.11

Women

Senior			10000m
1	Elisa Neuvonen	FIN	47:33.34
2	Monica Svensson	SWE	48:08.48
3	Tiia Kuikka	FIN	49:12.18
4	Hele Haapaniemi	FIN	49:52.30
5	Ellinor Hogrell	SWE	1:08:02.28

Extra: Celeste Scheepers, RSA 1:06:35.98

U23			10000m
1	Venla Laiho	FIN	50:26.11
2	Elina Heikkinen	FIN	51:47.46
3	Hanna Westerlund	FIN	54:02.45
4	Fride Møller Flatin	NOR	1:00:35.56
	Julia Ibrahim	SWE	DNS

U20			5000m
1	Anniina Kivimäki	FIN	25:36.84
2	Josefin Greiff	NOR	27:21.20
3	Lycke Karlsson	FIN	27:29.24
	Ellen Nordqvist Sjöblom	NOR	DNS

U18			5000m
1	Saara Niittyviita	FIN	26:17.35
2	Lisa Måren Løseth	NOR	26:52.30
3	Netta Tuusjärvi	FIN	28:01.43

Poeng:	1	FIN	78
	2	SWE	18
	3	NOR	14

Nordic Cross Country Championships

Fænø Park, Middelfart, DEN 11 nov

Part of Lillebælt Cross (Only team participants are included)

Men

Senior			9 km
1	Napoleon Solomon	SWE	28:52
2	David Nilsson	SWE	29:09
3	Mikael Ekvall	SWE	29:31
4	Peter Glans	DEN	29:33
5	Eivind Øygard	NOR	29:42
6	Erik Udø Pedersen	NOR	29:51
7	John Kingstedt	SWE	29:58
8	Abdi Hakin Ulas	DEN	30:04

9 Daniel Lundgren, SWE 30:26, 10 Stian Øvergaard Aarvik, NOR 30:36, 11 Jesper Faurischou, DEN 30:39, 12 Thijs Nijhuis, DEN 30:54, 13 Peter Alexander Uldall Torp, DEN 30:57, 14 Petter Rypdal, NOR 31:17, 15 Jaakko Piesanen, FIN 31:22, 16 Arnar Pétursson, ISL 31:36, 17 Mads Tærsvøl, DEN 31:54, 18 Jens Søndergaard Jensen, DEN 32:00, 19 Joachim Weel Rosbo, DEN 32:08, 20 Miika Tenhunen, FIN 32:20, 21 Eero Saleva, FIN 23:32

Teams:

1 SWE 13 (Napoleon Solomon, David Nilsson, Mikael Ekvall, John Kingstedt)

2 DEN 35 (Peter Glans, Abdi Hakin Ulas, Jesper Faurischou, Thijs Nijhuis)

3 NOR 35 (Eivind Øygard, Erik Udø Pedersen, Stian Øvergaard Aarvik, Petter Rypdal)

U20			6 km
1	Simen Halle Haugen	NOR	18:49
2	Thomas Jefferson Byrkjeland	NOR	18:53
3	Miguel Palm	SWE	19:01
4	Håkon Stavik	NOR	19:09
5	Baldvin Þor Magnússon	ISL	19:15
6	Fredrik Sandvik	NOR	19:25
7	Jonas Gertsen	DEN	19:28
8	Sebastian Nilsson	SWE	19:29

9 Oliver Bjørsløv, DEN 19:37, 10 Leo Magnusson, SWE 19:39, 11 Anton Østdal, DEN 19:39, 12 Omar Mahamed Ismael, SWE 19:55, 13 Alexander Siedler Nielsen, DEN 19:58, 14 Petter Myhr, NOR 20:03, 15 Tomi Lehto, FIN 20:05, 16 Kasper Kesje, DEN 20:10, 17 Leevi Keronen, FIN 20:27, 18 Julius Mäkinen, FIN 20:27, 19 Ebbe Møller, DEN 20:29, 20 Mika Kotiranta, FIN 20:44, 21 Sebastian Stensvig, DEN 21:07

Teams:

1 NOR 7 (Simen Halle Haugen, Thomas Jefferson Byrkjeland, Håkon Stavik)

2 SWE 21 (Miguel Palm, Sebastian Nilsson, Leo Magnusson)

3 DEN 27 (Jonas Gertsen, Oliver Bjørsløv, Anton Østdal)

4 FIN 50 (Tomi Lehto, Leevi Keronen, Julius Mäkinen)

Women

Senior			7,5 km
1	Sara Christiansson	SWE	28:40
2	Camilla Richardsson	FIN	28:47
3	Maria Larsson	SWE	28:53
4	Karoline Holsen Kyte	NOR	28:59
5	Simone Glad	DEN	29:35
6	Maja Alm	DEN	29:39
7	Maria Wågan	NOR	29:39
8	Ida-Maria Nicklasson	SWE	29:46

9 Pernilla Epland, NOR 30:17, 10 Michelle Poulsen, DEN 30:25, 11 Sara Schou Kristensen, DEN 30:53, 12 Lise Kandborg Sørensen, DEN 30:58, 13 Sara Holmgren, SWE 31:08, 14 Aino Kivenmäki, FIN 31:10, 15 Janica Mäkelä, FIN 31:25, 16 Helga Guðný Elíasdóttir, ISL 34:30

Teams:

1 SWE 12 (Sara Christiansson, Maria Larsson, Ida-Marie Micklasson)

2 NOR 20 (Karoline Holsen Kyte, Maria Wågan, Pernilla Epland)

3 DEN 21 (Simone Glad, Maja Alm, Michelle Poulsen)

4 FIN 31 (Camilla Richardsson, Aino Kivenmäki, Janica Mäkelä)

<i>U20</i>			4,5 km
1	Alberte Kjær Pedersen	DEN	17:56
2	Saija Seppa	FIN	18:04
3	Anna Mark Helwich	DEN	18:05
4	Ingvild Myking	NOR	18:07
5	Laura Valgreen Petersen	DEN	18:18
6	Sophie Søefeldt	DEN	18:25
7	Julie Marie Larsen	NOR	18:26
8	Salla Laukkanen	FIN	18:26
9 Mia van Wagenen, DEN 18:36, 10 Maja Majbäck, SWE 18:38, 11 Anastacia Damm, DEN 18:40, 12 Nikoline Høegh Ørum-Nielsen, DEN 18:45, 13 Andrea			

Kolbeinsdóttir, ISL 18:48, 14 Alice Grenberg, SWE 18:54, 15 Kristin Andrea Salvesen, NOR 18:55, 16 Beatrice Brink, SWE 19:03, 17 Lotta Sumuvuori, FIN 19:41, 18 Elsa Wallenius, SWE 20:07, 19 Maria Biskopstø, FRO 20:43, 20 Oddvør Josephsen, FRO 21:47

Teams:

- 1 DEN 9 (Alberte Kjær Pedersen, Anna Mark Helwich, Laura Valgreen Pettersen)
- 2 NOR 26 (Ingvild Myking, Julie Marie Larsen, Kristin Andrea Salvesen)
- 3 FIN 27 (Saika Seppa, Salla Laukkanen, Lotta Sumuvuori)
- 4 SWE 40 (Maja Majbäck, Alice Grenberg, Beatrice Brink)