

This year consists of the following competitions:

5.2	Tampere, FIN	1 st Nordic Indoor Match (FIN-NOR-SWE only)
22.5	Selfoss, ISL	15 th Nordic 10000m Challenge
18.-19.6	Sipoo, FIN	39 th Nordic Junior Championships Combined Events
3.-4.9	København, DEN	8 th Nordic U20 Match & Championships
17.9	Halden, NOR	30 th Nordic Race Walking Championships
12.11	Uddevalla, SWE	15 th Nordic Cross Country Championships

1st Nordic Indoor Match (FIN-NOR-SWE only)

Pirkkahalli, Tampere, FIN (300m unbanked track) 5 Feb

Men

60 m 5 Feb

1	Jaysuma Saidy Ndure	NOR	6.69
2	Stefan Tärnhuvud	SWE	6.80
3	Jarkko Ruostekivi	FIN	6.83
4	Joni Rautanen	FIN	6.88
5	Tormod Hjortnæs Larsen	NOR	6.90
6	David Sennung	SWE	6.93

200 m 5 Feb

1	Jonathan Åstrand	FIN	20.87
2	Johan Wissman	SWE	21.19
3	Alexander Nordkvist	SWE	21.27
4	Visa Hingisto	FIN	21.50
5	Tormod Hjortnæs Larsen	NOR	21.67
6	Per Magnus Solli	NOR	21.78

400 m 5 Feb

1	Nil de Oliveira	SWE	47.30
2	Felix Francois	SWE	48.01
3	Mauritz Kåshagen	NOR	48.76
4	Ville Wendelin	FIN	48.84
5	Lars Eric Sæther	NOR	49.09
6	Santeri Tukia	FIN	50.58

800 m 5 Feb

1	Thomas Roth	NOR	1:49:54
2	Robin Rohlén	SWE	1:50:04
3	Anton Asplund	SWE	1:50:20
4	Tommy Granlund	FIN	1:50:27
5	Tuomo Salonen	FIN	1:50:80
6	Jørgen Hasle Johansen	NOR	1:51:64

Extra: Tommi Vilkkö, FIN DNF. Intermediate times: 400m Granlund 53.51

1500 m 5 Feb

1	Jonas Hamm	FIN	3:45.49
2	Johan Waldén	SWE	3:45.74
3	Johan Rogerstedt	SWE	3:56.09
4	Riku Marttinen	FIN	3:46.61
5	Thomas Solberg Eide	NOR	3:48.24
6	Vidar Dahle	NOR	3:56.15

Extra: Tommi Sundell, FIN DNF. Intermediate times: 800m Sundell 2:01.70, 1000m Sundell 2:33.33

3000 m 5 Feb

1	Niclas Sandells	FIN	8:00.51
2	Johan Wallerstein	SWE	8:02.11
3	Eric Senorski	SWE	8:10.18
4	Joachim Brøndbo	NOR	8:31.44
5	Jonas Harjamäki	FIN	8:50:34
6	Ola Sakshaug	NOR	8:52.42

Extra: Teppo Syrjälä, FIN DNF. Intermediate times: 1000m Syrjälä 2:43.09, 1500m Harjamäki 4:05.23, 2000m Sandells 5:26.88

60 m hurdles

5 Feb

1	Joona-Ville Heinä	FIN	7.87
2	Vladimir Vukicevic	NOR	7.95
3	Annti Korkealaakso	FIN	7.99
4	Joakim Blaschke	SWE	8.06
5	Eivind Stavang	NOR	8.13
6	Rafael Askros	SWE	8.15

300 m hurdles

5 Feb

1	Niclas Åkerström	SWE	36.18
2	Andreas Totsås	NOR	36.71
3	Oskari Möro	FIN	36.91
4	Jussi Kanervo	FIN	37.47
5	Niklas Larsson	SWE	37.50
6	Øyvind Strømmen Kjerpeset	NOR	37.56

High jump

5 Feb

1	Osku Torro	FIN	2.33
2	Jussi Viita	FIN	2.24
3	Emil Svensson	SWE	2.17
3	Mehdi Alkhatib	SWE	2.17
5	Kristoffer Nilsen	NOR	2.17
6	Christian Bøe Helland	NOR	2.10

Series 1.95 2.00 2.05 2.10 2.14 2.17 2.20 2.22 2.24 2.26 2.28 2.30 2.33 2.35

1														
2														
3														
3														
5														
6														

Pole vault

5 Feb

1	Melker Svärd-Jacobsson	SWE	5.45
2	Jere Bergius	FIN	5.30
3	Eemeli Salomäki	FIN	5.30
4	Deniz Mahshid	SWE	4.95
5	Kim Nes Leirvik	NOR	4.85
6	Eirik Greibrokk Dolve	NOR	4.50

Series 4.00 4.20 4.35 4.50 4.65 4.80 4.95 5.05 5.15 5.20 5.25 5.30 5.35 5.40 5.45 5.50

1															
2															
3															
4															
5															
6															

Long jump

5 Feb

1	Michel Tornéus	SWE	7.94
2	Andreas Otterling	SWE	7.89
3	Petteri Lax	FIN	7.82
4	Tommi Evilä	FIN	7.68
5	Jonas Mögenburg	NOR	7.37
6	Rune Augdal	NOR	7.05

Series 1 2 3 4 5 6

1	7.94	X	X	7.91	7.69	7.89
2	7.56	X	7.89	7.62	7.50	7.89
3	X	X	7.75	X	X	7.82
4	7.58	7.58	7.66	7.68	6.31	7.61
5	X	7.27	-	7.07	7.27	7.37
6	X	7.00	X	X	7.05	6.18
	7.45	7.42	7.47	7.41	7.66	7.43
	7.28	7.62	7.51	7.37	7.61	7.48

Extra: Otto Kilpi, FIN 7.66, Roni Ollikainen, FIN 7.62

<i>Triple jump</i>		5 Feb	
1	Aleksi Tammentie	FIN	15.91
2	Mathias Ström	SWE	15.69
3	Sindre Almsengen	NOR	15.49
4	Vetle Utsi Onstad	NOR	15.12
5	Moteba Mohamed Mikko Kivinen	SWE	14.88
		FIN	DNS

Series	1	2	3	4	5	6
1	15.79	X	15.89	X	15.91	15.87
2	15.39	X	15.55	X	15.69	15.67
3	15.24	15.41	X	X	X	15.49
4	15.12	14.86	14.95	-	-	-
5	14.79	14.85	14.88	14.59	X	X

<i>Shot put</i>		5 Feb	
1	Tomas Söderlund	FIN	17.96
2	Henri Pakisjärvi	FIN	17.42
3	Stian Andersen	NOR	17.20
4	Axel Härstedt	SWE	17.14
5	Daniel Ståhl	SWE	16.66
6	Idar Grøneng Havn	NOR	16.17

Series	1	2	3	4	5	6
1	17.54	17.84	17.92	X	X	17.96
2	X	17.21	X	17.42	X	X
3	X	16.74	17.20	17.08	X	X
4	16.59	17.14	X	X	X	X
5	X	16.40	16.22	15.99	16.44	16.66
6	X	15.92	16.17	15.90	15.85	15.65

<i>4x300 m relay</i>		5. Feb	
1	SWE	2:14.84	(Niclas Åkerström, Alexander Nordkvist, Nil de Oliveira, Johan Wissman)
2	FIN	2:18.26	(Jani Koskela, Ville Wendelin, Petteri Monni, Oskari Möro)
3	NOR	2:20.61	(Andreas Totsås, Carl Emil Kåshagen, Mauritz Kåshagen, Lars Eric Sæther)
FIN 19	2:21.34		(Jussi Kanervo, Mikko Laiho, Juuso Heino, Tuukka Salmi)
FIN 17	2:26.66		(Erik Back, Jerri Råman, Ville Lampinen, Kalle Petrelius)

Points Men	Nation	Total
	SWE	115
	FIN	114
	NOR	68

Women

<i>60 m</i>		5 Feb	
1	Ezinne Okparaebor	NOR	7.31
2	Carolina Klüft	SWE	7.45
3	Lena Berntsson	SWE	7.47
4	Jenna Jokela	FIN	7.60
5	Jasmin Showlah	FIN	7.64
6	Marte Jørgensen	NOR	7.80

<i>200 m</i>		5 Feb	
1	Ella Räsänen	FIN	24.17
2	Anna Hämmäläinen	FIN	24.52
3	Elin Backman	SWE	24.72
4	Nina Brandt	NOR	24.73
5	Lena Berntsson	SWE	24.95
6	Julie Andrea Håskjold	NOR	25.23

<i>400 m</i>		5 Feb	
1	Josefin Magnusson	SWE	53.71
2	Line Kloster	NOR	54.46
3	Lotta Lindsén	SWE	55.27
4	Aniinia Laitinen	FIN	55.54
5	Benedicte Hauge	NOR	55.91
6	Jeanine Nygård	FIN	57.05

<i>800 m</i>		5 Feb	
1	Charlotte Schönbeck	SWE	2:04.51
2	Karin Storbacka	FIN	2:05.91
3	Suvi Selvenius	FIN	2:06.62
4	Elin Moraiti	SWE	2:07.65
5	Cecilie B. Isern	NOR	2:12.82
6	Veslemøy Hausken	NOR	2:24.79

Extra: Maria Valtanen, FIN DNF. Intermediate time 400m Valtanen 61.89

<i>1500 m</i>		5 Feb	
1	Heidi Eriksson	FIN	4:20.76
2	Viktoria Tegenfeldt	SWE	4:23.01
3	Kaisa Tyni	FIN	4:29.23
4	Elin Borglund	SWE	4:31.71
5	Sigrid Jervell Våg	NOR	4:42.87
6	Eira Jensen	NOR	4:52.30

Extra: Suvi Selvenius, FIN DNF. Intermediate Times: 800m Eriksson 2:15.15, 1000m Eriksson 2:51.00

<i>3000 m</i>		5 Feb	
1	Ulrika Johansson	SWE	9:19.03
2	Malin Liljestedt	SWE	9:48.66
3	Janica Mäkelä	FIN	9:48.69
4	Elina Lindgren	FIN	9:50.43
5	Ida Østerås	NOR	10:00.54
6	Ingeborg K. Lind	NOR	10:17.66

Intermediate times: 1000m Johansson 3:07.05, 1500m Johansson 4:41.21, 2000m Johansson 6:16.03

<i>60 m hurdles</i>		5 Feb	
1	Christina Vukicevic	NOR	7.92
2	Carolina Klüft	SWE	8.26
3	Nooralotta Neziri	FIN	8.32
4	Isabelle Pedersen	NOR	8.38
5	Emma Tuveesson	SWE	8.40
6	Oda Aidenpää	FIN	8.43

<i>300 m hurdles</i>		5 Feb	
1	Stine Tomb	NOR	40.09
2	Frida Persson	SWE	41.43
3	Emilia Granqvist	SWE	41.43
4	Noora Toivo	FIN	41.62
5	Emma Millard	FIN	43.14
6	Hege Vold	NOR	43.89

<i>High jump</i>		5 Feb	
1	Ebba Ljungmark	SWE	1.91
2	Tonje Angelsen	NOR	1.88
3	Øyunn Grindem	NOR	1.88
4	Laura Rautanen	FIN	1.82
5	Ellen Björklund	SWE	1.82
6	Elina Smolander	FIN	1.76

Series	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	1.93
1						XO	O	O	XO	XXX
2		O	-	O	-	XO	O	O	XXX	
3						O	O	XO	XXX	
4		O	O	O	O	XXO	XXX			
5		O	O	O	XO	XXO	XXX			
6	O	O	O	O	XXX					

<i>Pole vault</i>		5 Feb	
1	Malin Dahlström	SWE	4.40
2	Minna Nikkanen	FIN	4.25
3	Cathrine Larsåsen	NOR	4.25
4	Fanny Berglund	SWE	4.10
5	Tiina Taavitsainen	FIN	3.80
6	Julie Farseth Berg	NOR	3.35

Series 2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.90 4.00 4.10 4.15 4.20 4.25 4.30 4.35
4.40 4.45

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

Long jump

		5 Feb
1 Erica Jarder	SWE	6.27
2 Oda Utsi Onstad	NOR	6.24
3 Noora Pesola	FIN	6.01
4 Margrethe Renström	NOR	5.93
5 Jessica Samuelsson	SWE	5.89
6 Reeta Parkkonen	FIN	5.71

Series

	1	2	3	4	5	6
1	6.10	6.18	6.15	6.27	X	6.27
2	5.98	6.24	X	X	X	X
3	5.79	5.95	X	6.01	5.99	5.86
4	5.93	X	X	X	X	X
5	5.61	5.86	5.89	-	5.70	-
6	5.71	5.68	5.36	5.52	5.62	5.49

Triple jump

		5 Feb
1 Inger Anne Frøysedal	NOR	13.57
2 Kristiina Mäkelä	FIN	13.39
3 Elina Torro	FIN	13.20
4 Lynn Johnson	SWE	13.20
5 Khaddi Sagnia	SWE	13.00
6 Mia Haave	NOR	12.31

Series

	1	2	3	4	5	6
1	13.01	13.29	13.15	13.29	13.13	13.57
2	X	13.01	13.20	13.19	13.29	13.39
3	X	13.20	13.10	12.99	12.80	X
4	X	X	X	X	X	13.20
5	12.92	X	12.85	X	X	13.00
6	12.05	12.20	12.08	12.11	12.27	12.31

Shot put

		5 Feb
1 Katja Kantanen	FIN	15.00
2 Niina Kelo	FIN	14.59
3 Jessica Samuelsson	SWE	14.34
4 Anna Wikström	SWE	13.39
5 Silje Disserud	NOR	13.13
6 Camilla Rønning	NOR	13.01

Series

	1	2	3	4	5	6
1	14.44	14.56	X	15.00	X	X
2	14.59	14.04	14.14	14.17	14.44	14.17
3	14.29	14.34	14.14	X	X	-
4	13.26	13.04	13.39	13.05	13.28	13.09
5	11.89	12.84	12.06	13.13	12.83	11.93
6	11.14	11.81	12.25	11.78	X	13.01

4x300 m relay

		5 Feb
1 SWE	2:35.30	(Josefin Magnusson, Elin Bakcman, Frida Persson, Lotta Lindsén)
2 NOR	2:35.39	(Nina Brandt, Hege Vold, Line Kloster, Stine Tomb)
3 FIN	2:38.70	(Noora Toivo, Karin Storbacka, Emma Millard, Anniina Laitinen)
FIN 19	2:39.68	(Jonna Berghem, Siiri Heiskanen, Maiju Pokkinen, Jonna Julin)
FIN 17	2:41.57	(Jatta-Juulia Hanski, Anna Hämäläinen, Kamilla Nurminen, Oona Hujanen)
FIN 22	2:41.94	(Cecilia Långnabba, Maria Valtanen, Jonna Skrifvars, Jeanine Nygård)

Points Men	Nation	Total
	SWE	119
	FIN	96
	NOR	83

15th Nordic 10000 m Challenge

Selfoss, ISL 22 May

Men

	Senior		22 May
1 Jarkko Hamberg	FIN		30:35.90
2 Michael Nielsen	DEN		30:38.13
3 Morten Fransen	DEN		30:38.37
4 Fredrik Uhrbom	SWE		30:39.84
5 Eirik Gramstad	NOR		30:41.62
6 Johan Damkjær	DEN		30:41.76
7 David Nilson	SWE		31:27.41
8 Jaako Nieminen	FIN		31:33.40

Oskari Pennanen, FIN DNF

Women

	Senior		22 May
1 Elina Lindgren	FIN		35:06.64
2 Louise Wiker	SWE		35:34.42
3 Nina Chydenius	FIN		35:45.79
4 Hilde Aasheim	NOR		36:26.84
5 Arndis Ýr Hafþórsdóttir	ISL		39:08.28
Sara Sig Møller	DEN		"hætti"
Nina Persson	SWE		37:15.36
Elina Johansson	SWE		"hætti"

39th Nordic Junior Championships Combined Events

Sipoo, FIN 18-19 Jun

Men

	U23 Decathlon		18-19 Jun
1 Petter Olsson	SWE		7.641
2 Otto Ylöstalo	FIN		7.074
3 Samuli Bryggare	FIN		6.977
4 Douglas Stenberg	SWE		6.897
5 Marcus Nilsson	SWE		6.853
Juhani Pyhäranta	FIN		DNF
David Kallebäck	FIN		7.194*

* not in the competition

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

1	10.97	7.07	13.39	1.88	48.50	14.81	37.86	4.75	51.36	4:41.45
	867	830	691	696	885	873	621	834	609	735
2	11.53	6.93	12.13	1.88	51.96	15.74	36.84	4.55	54.40	4:36.78
	746	799	614	696	726	762	601	775	654	701
3	11.46	6.85	13.32	1.88	52.01	15.49	36.64	4.15	54.94	4:49.05
	761	778	687	696	724	791	597	659	662	622
4	11.24	6.93	12.29	1.79	50.15	15.75	34.20	4.05	50.67	4:36.64
	808	797	624	619	808	761	548	631	599	702
5	11.60	6.33	13.39	1.79	50.94	15.55	40.20	3.35	57.19	4:23.57
	732	659	691	619	772	784	669	444	696	787
	11.76	NM	13.05	DNF						
	699	0	6.70							
	11.06	6.84	12.78	1.85	49.77	16.93	43.52	4.35	56.55	4:44.56
	847	776	654	670	825	632	736	716	686	652

Wind: 100m +0,1 110m hurdles +1,0

High jump

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

o - o - o - o xxx

Pole vault

	3.35	3.45	3.55	3.65	3.75	3.85	3.95	4.05	4.15	4.25	4.35	4.45	4.55	4.65	4.75
1	4.85														
	xxx								o	xo	xo				

2 o - xo o o xo xxx
 3 o - xo o xo xo xxx
 4 o o xo xo xxx
 5 xxo - x--

	Long jump	Shot put	Discus throw	Javelin throw
1	6.75 7.07 X 0,0 -0,2	13.09 13.39 13.29	37.54 X 37.86	45,69 51.36 46.86
2	6.94 6.64 6.69 +0,8 -0,2 +0,5	X 12.13 12.07	X 36.84 34.98	49.28 54.40 53.75
3	6.83 6.85 6.80 +0,3 +1,1 0,0	12.83 13.09 13.32	33.78 36.64 X	46.37 54.94 51.08
4	6.79 6.93 6.92 -0,7 +0,2 +0,1	11.64 12.29 11.92	X 31.02 34.20	45.69 44.86 50.67
5	6.33 6.09 X +0,5 +0,9	X 12.91 13.39	37.92 37.30 40.20	57.19 56.04 54.90
	X X X	12.85 13.05 X		
	6.57 6.84 6.67 +0,2 +0,5 -0,2	12.78 X X	39.28 X 43.52	X 53.09 56.55

U20 Decathlon		18-19 Jun	
1	Martin Roe	NOR	7.386
2	Juuso Hassi	FIN	7.154
3	Filip Hjort	DEN	6.746
4	Tuomas Ranta	FIN	6.655
5	Sami Jaatinen	FIN	6.499
6	Ingi Rúnar Kristinsson	ISL	6.257
7	Oscar Törnros	SWE	6.219
8	Oskar Nordborg	SWE	6.109

Liam Ramsay, GBR 7.147* (* = not in competition)
 (100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

1	11.12 7.11 15.01 1.85 51.39 15.52 46.40 3.85 62.50 4:59.22
	834 840 790 670 752 788 796 576 776 564
	-0,6 +1,9 +1,1
2	11.45 6.53 13.55 1.79 50.75 15.10 41.86 4.35 58.14 4:49.44
	763 704 701 619 780 837 702 716 710 622
	-0,6 +1,1 +1,1
3	11.55 6.77 12.55 1.85 52.17 15.69 32.72 4.45 50.25 4:54.32
	742 760 640 670 717 768 518 746 592 593
	-0,6 +0,4 +1,1
4	11.62 6.38 16.02 1.76 53.68 15.31 48.20 3.55 49.88 5:23.73
	728 670 852 593 653 812 833 496 587 431
	-0,6 +1,6 +1,1
5	11.82 6.41 12.49 1.64 51.97 15.20 33.64 4.45 47.86 4:51.13
	687 677 636 496 726 825 537 746 557 612
	-0,6 +2,1 0,0
6	11.48 6,28 13.83 1.82 52.42 16.88 41.10 4.15 17.36 4:40.85
	757 648 718 644 706 637 687 659 126 675
	-0,6 +0,4 +1,1
7	11.78 5.93 13.87 1.73 53.53 16.88 42.54 3.95 48.14 5:12.78
	695 5.71 720 569 659 637 716 603 561 488
	-0,6 +1,5 0,0
8	11.76 6.07 12.17 1.76 54.67 16.18 38.31 3.85 51.61 5:19.09
	699 602 617 593 612 713 630 576 612 455
	-0,6 +0,8 0,0
	11.38 6.86 12.98 1.94 49.49 14.77 35.98 4.05 43.56 4:29.09
	778 781 664 749 838 878 583 631 494 751
	+0,1 +0,7 0,0

High jump	
<u>1.61</u> <u>1.64</u> <u>1.67</u> <u>1.70</u> <u>1.73</u> <u>1.76</u> <u>1.79</u> <u>1.82</u> <u>1.85</u> <u>1.88</u> <u>1.91</u> <u>1.94</u> <u>1.97</u>	
1	o o o o xo xxx
2	o - xxo o xxo xxx
3	o - xo xo xxx
4	o - - xxo xxx
5	o xo xxx
6	o - o xxo xxo xxx
7	o o xxo xxx
8	o - o o o xxx
	o - xo o xxo o xxo xxx
Pole vault	
<u>3.45</u> <u>3.55</u> <u>3.65</u> <u>3.75</u> <u>3.85</u> <u>3.95</u> <u>4.05</u> <u>4.15</u> <u>4.25</u> <u>4.35</u> <u>4.45</u> <u>4.55</u>	
1	xo o o o o o xxx

2 o - xo o xxo xxx
 3 o o o o xxx
 4 o o xo xxx
 5 o o xxx
 6 o xo xxx
 7 o xo o o xxx
 8 xo xo xo xxx
 o o o o xxx

	Long jump	Shot put	Discus throw	Javelin throw
1	6.86 6.85 7.11 +1,4 +1,4 +1,9	14.66 15.01 14.70	41.51 46.40 X	56.23 50.16 62.50
2	6.53 6.22 X +1,1 +0,2	12.86 13.17 13.55	39.89 41.14 41.86	55.25 53.63 58.14
3	6.65 6.77 6.74 +0,2 +0,4 +0,4	11.31 12.55 11.86	31.35 32.64 32.72	50.25 48.29 49.73
4	6.09 6.38 6.19 +1,4 +1,6 +2,0	15.81 16.02 15.88	42.40 44.02 48.20	49.88 X X
5	6.12 6.41 X +1,1 +2,1	11.96 12.34 12.49	33.64 32.46 32.48	46.88 X 47.86
6	6.28 X 6.11 +0,4 +0,5	13.83 13.39 13.15	40.96 41.10 40.14	17.36 X 17.27
7	5.93 5.78 5.55 +1.5 +1,3 +1,5	13.87 X 13.71	38.73 42.54 36.68	41.43 48.14 47.58
8	X X 6.07 +0,8	12.07 12.17 X	38.3 37.88 X	50.26 50.34 51.61
	6.73 6.86 6.74 +0,5 +0,7 +1,2	12.64 12.95 12.63	X 28.06 35.98	37.87 39.32 43.56

U18 Decathlon		18-19 Jun	
1	Aleksi Tuononen	FIN	7.062
2	Victor Ivarsson	SWE	6.997
3	Simon Pettersson	SWE	6.849
4	Ville Laitila	FIN	6.485
5	Teemu Hyytiä	FIN	6.338
6	Philip Bay Andersen	NOR	5.990
7	Fredrik Samuelsson	SWE	5.971
8	Sindri Hrafn Guðmundsson	ISL	5.936

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m, Long jump, Shot put 5kg, High jump, 1000m)

1	14.21 34.17 3.85 53.93 2:53.49 11.60 6.56 15.57 1.73 36.68
	948 547 576 647 729 732 711 825 569 778
2	14.69 44.79 3.65 54.98 2:57.05 11.51 6.19 14.52 1.73 36.96
	887 763 522 663 693 750 628 760 569 762
3	15.30 50.61 3.55 48.46 3:09.32 11.80 6.06 16.96 1.79 38.03
	814 883 496 566 570 691 600 911 619 699
4	14.88 39.62 3.25 46.14 3:00.28 11.48 5.92 13.13 1.70 36.21
	864 657 418 532 662 757 569 675 544 807
5	14.93 36.91 4.05 49.32 3:08.89 11.98 6.34 11.25 1.73 39.05
	858 602 631 579 580 655 661 561 569 642
6	14.93 29.26 2.75 33.77 3:17.41 11.44 6.74 12.76 1.76 36.94
	858 450 298 353 504 765 753 653 593 763
7	15.35 35.40 3.45 41.31 3:01.01 12.13 5.80 12.31 1.76 39.46
	808 572 469 461 654 626 544 625 593 619
8	15.98 29.03 3.35 65.15 3:32.55 12.09 6.18 11.85 1.79 39.08
	735 445 444 816 381 633 626 597 619 640

Wind: 100m +0,8 110 m hurdles +1,8

High jump	
<u>1.55</u> <u>1.58</u> <u>1.61</u> <u>1.64</u> <u>1.67</u> <u>1.70</u> <u>1.73</u> <u>1.76</u> <u>1.79</u> <u>1.82</u>	
1	o o o xxo xxx
2	o o xxo o xxo xxx
3	o - o - o xxo xxx
4	o o o xxo o xo xxx
5	o o o xxx
6	o o o o xxx
7	o - o xo xo xo xxx
8	o - o o xxo xxx
Pole vault	
<u>2.05</u> <u>2.25</u> <u>2.45</u> <u>2.65</u> <u>2.75</u> <u>2.85</u> <u>3.05</u> <u>3.15</u> <u>3.25</u> <u>3.35</u> <u>3.45</u> <u>3.55</u> <u>3.65</u> <u>3.75</u> <u>3.85</u>	
<u>3.95</u> <u>4.05</u> <u>4.15</u> <u>4.25</u>	
1	xxx
2	xxx
3	o o o o xo x-
4	o - o xxx
5	xo o o xxx

9 Herta Heikinen, FIN 4.638, 10 Ida Otsavel, FIN 4,83, 11 Camilla Lipczak Nielsen, DEN 3.995, 12 Mette Graversgaard, DEN 3.984, Guro Forbord Andersen, DNF (100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	13.98	1.67	13.90	25.84	5.63	34.67	2:24.28						
	981	818	793	811	738	565	766						
			+0,5		+2,0	+1,9							
2	14.44	1.67	12.59	24.68	6.00	30.09	2:22.64						
	917	818	700	916	850	478	788						
			+0,5		+2,0	+1,6							
3	15.29	1.64	10.40	25.18	5.73	40.06	2:15.37						
	804	783	556	870	768	668	888						
			+0,5		+2,0	+1,2							
4	14.92	1.70	11.36	26.06	5.36	30.45	2:35.73						
	852	855	610	792	660	485	623						
			+0,5		+2,3	+1,8							
5	14.70	1.61	11.20	26.47	5.52	35.23	2:37.12						
	882	747	608	757	706	576	606						
			+0,5		+1,7	-0,3							
6	15.12	1.64	11.97	27.06	5.19	36.36	2:32.14						
	826	783	659	707	612	598	666						
			+0,5		+1,7	-0,2							
7	15.47	1.70	12.58	26.54	5.10	29.24	2:29.24						
	781	855	700	751	587	462	702						
			+0,5		+1,7	-0,3							
8	14.69	1.52	10.64	25.81	5.46	29.66	2:35.57						
	883	644	517	814	659	470	625						
			+0,5		+1,7	+1,4							
9	15.47	1.61	12.15	26.59	5.03	31.42	2:35.78						
	781	747	671	746	567	604	622						
			+0,5		+2,0	-1,2							
10	15.25	1.55	12.96	27.07	5.05	34.37	2:42.98						
	809	678	718	706	573	560	539						
			+0,5		+2,3	+1,2							
11	16.15	1.61	9.35	27.47	4.44	24.04	2:36.37						
	696	747	487	673	413	364	615						
			+0,5		+2,3	+1,2							
12	15.92	1.45	8.17	26.76	4.92	19.84	2:30.74						
	724	610	610	732	538	286	684						
			+0,5		+2,3	+1,1							
	14.49	1.49	11.91	DNS									
	910	610	655										

High jump

	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73
1				o	o	o	o	xo	xo	xxo	xxx	
2	o	.	o	-	o	o	o	xxo	o	xo	xxx	
3					o	-	o	o	xo	xxx		
4							xo	o	o	xo	o	xxx
5			o	o	o	xo	xo	o	xxx			
6					o	o	o	o	o	xxx		
7							o	-	xxo	o	xo	xxx
8			xo	xxo	xxo	xxx						
9			o	o	o	o	xxo	o	xxx			
10			o	o	o	xi	xxx					
11				o	o	o	o	xo	xxx			
12			o	xxo	xxx							
o		-	o	xxo								

Long jump

1	5.33	5.55	5.63	11.62	13.00	13.98	20.20	34.67	31.58
		-0,6	+1,7	+1,9					
2	5.85	5.80	6.00	11.89	11.78	12.59	28.64	30.09	29.85
		+0,9	0,0	+1,6					
3	5.54	X	5.73	9.30	9.86	10.40	40.06	36.10	36.94
		+0,1	+1,2						
4	X	X	5.36	10.35	11.36	10.83	25.81	X	30.45
			+0,8						
5	5.29	5.50	5.52	9.24	9.56	11.20	30.32	30.34	35.23
		+0,8	+0,5	-0,3					
6	5.19	X	X	10.82	11.71	11.97	36.36	35.48	33.49
			-0,2						
7	5.10	4.73	5.02	X	12.58	12.51	X	29.24	X
		-0,3	+2,9	+2,6					
8	5.46	X	5.36	10.36	10.64	10.61	25.40	29.66	23.46
		+1,4	0,0,						
9	X	5.03	X	11.31	12.15	11.40	31.38	31.42	26.41
			-1,2						
10	X	4.92	5.05	12.22	12.49	12.86	30.66	32.46	34.37

Shot put

1	11.62	13.00	13.98	20.20	34.67	31.58
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Javelin throw

1	20.20	34.67	31.58
---	-------	-------	-------

11	4.24	4.09	4.44	9:12	9.35	9.13	24.04	19.94	23.58
	+0,3	+0,2	+1,2						
12	4.70	4.73	4.92	X	8.17	7.88	19.84	X	X
	-0,2	-0,7	+1,1						
					11.91	11.75	11.67		

8th Nordic U20 Match & Championships

Østerbro, København, DEN 3-4 Sep

Men

	100 m	3 Sep	-1,9
1	Andreas Trajkovski	DEN	10.83
2	Odain Rose	SWE	10.83
3	Eetu Rantala	FIN	10.84
4	Jan Wocalevski	SWE	10.91
5	Salum Agezhe Kashafali	NOR	11.04
6	Even Pettersen	NOR	11,09
7	Markus Koivola	FIN	11.18
8	Kolbeinn Höður Gunnarsson	ISL	11.34
	200 m	4 Sep	-0,1
1	Andreas Trajkovski	DEN	21.79
2	Sunday Ojuri	SWE	21.99
3	Jani Koskela	FIN	22.07
4	Eetu Rantala	FIN	22.19
5	Sondre Nyvold Lid	NOR	22.22
6	Even Pettersen	NOR	22.24
7	Viktor Jönsson	SWE	22.46
8	Ívar Kristinn Jasonarson	ISL	22.71
	400 m	3 Sep	
1	Sondre Nyvold Lid	NOR	47.79
2	Andreas Roth	NOR	48.38
3	Alexander Lesser	SWE	49.07
4	Ívar Kristinn Jasonarson	ISL	49.25
5	Eetu Viitala	FIN	49.51
6	Juuso Hassi	FIN	49.77
7	Patrick Sjöo	SWE	49.85
8	Emil Strøm	DEN	50.47
	800 m	4 Sep	
1	Johan Rogestedt	SWE	1:50.41
2	Håkon Mushom	NOR	1:51.31
3	Thomas Solberg Eide	NOR	1:51.95
4	Christoffer Ohlsson	SWE	1:52.10
5	Aki Haiko	FIN	1:55.11
6	Mihn Kyun Cho	DEN	1:55.34
7	Lauri Junnila	FIN	1:56.78
8	Frederik Fürstenberg	DEN	1:57.28
	1500 m	3 Sep	
1	Thomas Solberg Eide	NOR	3:55.09
2	Elmar Engholm	SWE	3:56.78
3	Kalle Keskipoikela	FIN	4:00.58
4	Elias Bjuhr	SWE	4:02.51
5	Ville Heikkilä	FIN	4:04.46
6	Ferdinand Kvan Edman	NOR	4:05.69
7	Zacharias Grassme	DEN	4:07.27
	Peter Glans	DEN	DNS
	5000 m	3 Sep	
1	Jeppe Harboe	DEN	15:03.95
2	Filip Johansson	SWE	15:04.70
3	Martti Siikalouma	FIN	15:07.62
4	Kristian Blummenfelt	NOR	15:12.01

5	Peter Glans	DEN	15:16.03
6	Ahmed Muktar Adam	NOR	15:25.79
7	John Kingstedt	SWE	15:27.98
8	Jaakko Piesanen	FIN	15:57.44

110 m hurdles

		4 Sep	-1,5
1	Jussi Kanervo	FIN	14.04
2	Elmo Lakka	FIN	14.38
3	Anton Levin	SWE	14.47
4	Anders Leifsson	SWE	14.47
5	Marius Bakken Støle	NOR	14.99
6	Christoffer Durafour	DEN	15.27
7	Emil Strøm	DEN	15.89
8	Markus Loftås	NOR	16.40

400 m hurdles

		3 Sep	
1	Oskari Mörö	FIN	51.84
2	Don-Zheni Ekoevbe	FIN	52.60
3	Markus Loftås	NOR	52.85
4	Marius Bakken Støle	NOR	53.73
5	Nicolai Hartling	DEN	53.81
6	Hampus Widlund	SWE	54.29
7	Anton Nilsson	SWE	54.40
8	Joachim Larsen	DEN	56.91

3000 m steeplechase

		4 Sep	
1	Elmar Engholm	SWE	9:05.69
2	Albin Olausson	SWE	9:15.93
3	Ferdinand Kvan Edman	NOR	9:21.07
4	Vegard Løberg Gjelsvik	NOR	9:24.96
5	Kasper Skov	DEN	9:51.81
6	Ossi Hakulinen	FIN	10:19.22
7	Frederik Christensen	DEN	10:22.17
8	Anton Haapanen	FIN	10:42.21

5000 m Walk

		4 Sep	
1	Anders Hansson	SWE	22:42.97
2	Joakim Sælen	NOR	23:25.88
3	Syver Andersen Morvik	NOR	24:24.08
4	Jusso Juokas	FIN	24:42.83
5	Fredrik Sandmer	SWE	25:08.10
	Aleksi Ojala	FIN	DQ

High jump

		3 Sep	
1	Erik Liberg	SWE	2.07
2	Markus Kaurto	FIN	2.05
3	Arlind Shaluni	SWE	2.03
4	Charles Kamau	DEN	2.01
4	Richard Östman	FIN	2.01
6	Jens Kristian Andenæs	NOR	1.93
7	Sindre Gelius Eikje	NOR	1.90
	Hreinn Heiðar Jóhannsson	ISL	NM

Series	1.80	1.85	1.90	1.93	1.96	1.99	2.01	2.03	2.05	2.07	2.09
1											xxx
2											xxx
3											xxx
4											xxx
4											xxx
6											xxx
7											xxx

Pole vault

		4 Sep	
1	Per Magne Florvaag	NOR	4.85
2	Arvid Lindahl	SWE	4.85
3	Jaakko Sihvonen	FIN	4.75
4	Simon Gyllensten	SWE	4.75
5	Andreas Rønning	DEN	4.55

6	Ingi Rúnar Kristinsson	ISL	4.45
7	Eirik Greinrokk Dolve	NOR	4.35
	Sami Jaatinen	FIN	NM

Series	3.80	4.20	4.35	4.45	4.55	4.65	4.75	4.85	4.95
1									
2									
3									
4									
5									
6									
7									

Long jump

		3 Sep	
1	Andreas Andersson	SWE	7.12
2	Filip Hjort	SWE	6.99
3	Frederik Thomsen	DEN	6.95
4	Jarmo Kaleva	FIN	6.95
5	Samuli Pitkänen	FIN	6.87
6	Martin Roe	NOR	6.72
7	Philip Bay Andersen	NOR	6.53
8	Juan Ramon Borges Bosque	ISL	6.29

Series	1	2	3	4	5	6
1	6.83	-	7.01	7.12	X	7.02
	+0,2		-2,1	-1,8		-0,7
2	6.50	6.63	6.90	6.99	6.89	6.99
	-3,2	-1,6	-1,3	-1,4	-1,0	-1,0
3	6.53	6.86	6.84	6.95	6.76	6.83
	+0,2	-1,1	+0,9	-1,9	+0,1	+1,0
4	6.75	6.86	-	6.95	X	6.65
	-0,6	-0,3		-0,5		-0,7
5	4.48	6.72	6.51	6.87	6.83	6.81
	-0,9	-1,1	-0,6	+0,8	-0,5	-0,6
6	6.55	6.66	6.61	6.53	6.72	6.72
	-0,2	-0,9	+1,6	-0,8	-0,7	+0,1
7	-	-	6.53	X	2.19	X
			+1,0		-1,6	
8	-	2.89	2.59	X	6.29	5.94
		+0,2	-0,2		-1,6	+0,1

Triple jump

		4 Sep	
1	Dastid Selmani	SWE	14.85
2	Jesper Vestbø	NOR	14.56
3	Sadeeh Mbye	SWE	14.46
4	Samuli Pitkänen	FIN	14.36
5	Tommi Huoponen	FIN	14.08
6	Jannick Bagge	DEN	13.95
7	Jacob Bo Hedeager	DEN	13.79
8	Karsten Warholm	NOR	13.76

Series	1	2	3	4	5	6
1	14.27	X	14.57	X	X	14.85
	0,0		-0,9			+1,4
2	14.37	14.46	X	14.56	14.38	14.37
	+1,1	-0,7		-0,8	+1,3	+0,4
3	X	14.19	14.46	14.20	14.23	X
		0,0	+1,6	-0,8	+0,3	
4	13.81	14.14	14.36	X	X	-
	-0,1	+1,1	+3,8			
5	X	13.50	X	13.81	13.89	14.08
		-0,4		-0,2	-0,9	0,0
6	X	X	X	X	13.95	X
					0,0	
7	13.32	13.79	13.79	X	13.31	13.73
	-0,3	0,0	+2,5		0,0	+1,0
8	13.75	13.58	13.66	X	13.76	13.59
	0,0	-1,7	-0,7		-0,6	0,0

Shot put

		3 Sep	6 kg
1	Arttu Kangas	FIN	18.78
2	Arwid Koskinen	SWE	18.35
3	Ville Savolainen	FIN	17.96
4	Niklas Lindstedt	SWE	16.98
5	Sven Martin Skagestad	NOR	16.51
6	Christoffer Mikkelsen	DEN	16.23
7	Martin Hansen Lillevik	NOR	15.57
8	Sindri Lárusson	ISL	15.04

Series	1	2	3	4	5	6
1	18.13	18.78	X	X	X	18.66

2	18.35	X	17.94	X	18.20	X
3	X	17.75	17.39	17.77	17.96	17.95
4	16.98	X	X	X	X	16.85
5	X	15.05	16.03	15.88	16.35	16.51
6	X	15.59	16.23	14.52	X	X
7	X	X	X	15.57	X	X
8	X	14.42	X	14.08	X	15.04

Discus throw 4 Sep 1,75kg

1	Daniel Ståhl	SWE	57.66
2	Søren Børsting	DEN	53.44
3	Micael Ljungberg	SWE	52.13
4	Teemu Poikolainen	FIN	51.33
5	Kalle Kivioja	FIN	50.98
6	Martin Roe	NOR	45.60
7	Ingi Rúnar Kristinsson	ISL	44.15
8	Martin Hansen Lillevik	NOR	40.43

Series	1	2	3	4	5	6
1	54.36	56.70	X	55.61	56.53	57.66
2	47.59	53.44	52.89	48.82	X	51.31
3	59.35	49.45	X	49.47	48.96	52.13
4	48.45	50.80	50.95	51.33	50.78	X
5	50.98	49.59	48.48	50.83	50.95	X
6	39.67	X	45.02	X	45.60	X
7	44.15	42.59	42.86	X	37.67	43.50
8	X	X	X	X	40.43	X

Hammer throw 3 Sep 6 kg

1	Ilmari Lahtinen	FIN	73.15
2	Juho Saarikoski	FIN	71.60
3	Oscar Vestlund	SWE	68.82
4	Matthias Hansson-Berg	SWE	62.54
5	Kjetil Røste Ringen	NOR	62.42
6	Jørgen Olsen Austnes	NOR	62.40
7	Hilmar Örn Jónsson	ISL	55.47
8	Jonathan Sand Groves	DEN	48.21

Series	1	2	3	4	5	6
1	X	64.00	69.38	73.15	70.08	X
2	70.91	71.00	X	71.60	67.80	70.79
3	X	65.91	X	68.82	67.77	68.02
4	X	62.42	61.10	X	60.70	62.54
5	62.42	62.06	X	X	60.95	61.39
6	61.34	57.66	61.08	59.48	62.40	X
7	54.55	X	54.43	X	52.37	55.47
8	X	47.19	X	46.06	48.21	47.70

Javelin throw 4 Sep 0,8 kg

1	Størk Avelsgaard Lien	NOR	67.63
2	Tuukka Taitonen	FIN	67.13
3	Sebastian Thörngren	SWE	65.99
4	Johan Carlqvist	SWE	64.59
5	Jarmo Marttila	FIN	63.88
6	Martin Roe	NOR	63.54
7	Andreas Berthelsen	DEN	58.68
8	Sindri Hrafn Guðmundsson	ISL	56.66

Series	1	2	3	4	5	6
1	64.24	56.15	63.50	61.90	67.17	67.63
2	65.09	62.90	X	67.13	X	63.27
3	65.99	60.90	X	64.24	63.86	X
4	63.01	64.59	60.58	X	X	64.34
5	63.88	X	59.75	58.53	X	57.38
6	55.28	57.94	59.41	59.73	60.46	63.54
7	52.76	52.59	45.73	58.68	52.83	51.89
8	X	53.35	X	54.65	56.66	X

4x100 m relay 3 Sep

1	FIN	41.61	(Markus Koivola, Elmo Lakka, Jussi Kanervo, Eetu Rantala)
2	DEN	41.72	(Andreas Trajkovski, Morten Dalgaard Madsen, Mikkel Brich Dam, Frederik Thomsen)
3	NOR	42.10	(Even Pettersen, Henrik Overvåg, Martin Roe, Salum Agezhe Kashafali)
4	ISL	42.64	(Kolbeinn Höður Gunnarsson, Ívar Kristinn Jasonarson, Ingi Rúnar Kristinsson, Juan Ramon Borges Bosque)
	SWE	DQ	(Andreas Engwall, Sunday Ojuri, Jan Wocialewski, Odain Rose)

4x400 m relay 4 Sep

1	NOR	3:13.84	(Sondre Nyvold Lid, Per Magne Florvaag, Roald Frøskeland, Andreas Roth)
2	FIN	3:17.93	(Jani Koskela, Oskari Möro, Eetu Viitala, Juuso Hassi)
3	SWE	3:19.51	(Axel Bergrahm, Alexander Lesser, Christoffer Ohlsson, Patrick Sjöo)
4	DEN	3:21.85	(Emil Strøm, Mihn Kyun Cho, Martin Kristensen, Nicolai Hartling)
5	ISL	3:22.00	(Kolbeinn Höður Gunnarsson, Ívar Kristinn Jasonarson, Ingi Rúnar Kristinsson, Juan Ramon Borges Bosque)

Points Men	Nation	
	SWE	219
	FIN	188,5
	NOR	171
	DEN/ISL	109,5

Women

100 m 3 Sep -0,3

1	Caroline Sandsjoe	SWE	11.92
2	Nooralotta Nezir	FIN	12.12
3	Maria Räsänen	FIN	12.17
4	Astrid Mangen Cederkvist	NOR	12.24
5	Linnea Alstermark	SWE	12.31
6	Annelouise V. Jensen	DEN	12.33
7	Eline Breillid	NOR	12.61
8	Dóra Hlin Loftsdóttir	ISL	12.94

200 m 4 Sep -0,7

1	Astrid Mangen Cederkvist	NOR	24.69
2	Maria Räsänen	FIN	24.96
3	Marie Sönnnerfors	SWE	24.98
4	Annelouise V. Jensen	DEN	25.04
5	Hanna Adriansson	SWE	25.10
6	Siv Krakeli Sneen	NOR	25.29
7	Arna S. Guðmundsdóttir	ISL	25.77
8	Jonna Julin	FIN	26.00

400 m 3 Sep

1	Aino Paunonen	FIN	55.64
2	Julie Andrea Håskjold	NOR	55.90
3	Jonna Julin	FIN	56.40
4	Arna S. Guðmundsdóttir	ISL	56.42
5	Vendela Mindelöf	SWE	57.10
6	Vilde Svortevik	NOR	57.65
7	Anna Thestrup Andersen	DEN	59.91
8	Ewa Marcinkiewicz	SWE	60.03

800 m 3 Sep

1	Anita Hinriksdóttir	ISL	2:08.64
2	Zenitha Eriksson	SWE	2:09.63
3	Sofie Näslund	SWE	2:10.29
4	Dagmar Fæster Olsen	DEN	2:11.85
5	Frida Thorsås	NOR	2:14.22
6	Ida Holm	SWE	2:14.73
7	Aurora Holopainen	FIN	2:15.64
8	Veronica Undseth	NOR	2:19.72

1500 m 4 Sep

1	Frida Berge	NOR	4:27.14
2	Mari Rantanen	FIN	4:27.92
3	Anita Hinriksdóttir	ISL	4:28.59
4	Ingeborg Løvnes	NOR	4:32.85
5	Ida Holm	SWE	4:33.67
6	Sofie Lövdahl	FIN	4:35.26

7	Katrine Reinholdt	DEN	4:39.55
8	Julia Nilsson	SWE	4:49.19

3000 m

		3 Sep	
1	Meri Rantanen	FIN	9:23.68
2	Viivi Rantanen	FIN	9:45.35
3	Frida Berge	NOR	9:52.00
4	Frida Kristiansson	SWE	9:58.96
5	Karoline Egeland Skatteboe	NOR	10:00.20
6	Emilia Ohlin	SWE	10:07.56
7	Josefine Thestrup	DEN	10:17.56
8	Josefine Rytter	DEN	10:26.68

100 m hurdles

		4 Sep	-2,5
1	Nooralotta Nezir	FIN	14.06
2	Ida Hansen	SWE	14.44
3	Charlotte Skogström	SWE	14.56
4	Tiina Säily	FIN	14.66
5	Agathe Holtan Wathne	NOR	14.68
6	Eline Breilid	NOR	14.78
7	Mathilde Heltbech	DEN	15.00
8	María R. Gunnlaugsdóttir	ISL	15.20

400 m hurdles

		3 Sep	
1	Ewa Marciekiewicz	SWE	60.15
2	Vilde Svortevik	NOR	61.01
3	Stefania Valdemarsdóttir	ISL	61.41
4	Solveig Lie Onstad	NOR	62.91
5	Siiri Heiskanen	FIN	62.98
6	Celine Fogde	FIN	63.79
7	Madeleine Eriksson	SWE	64.28
8	Nanna Boholm	DEN	64.35

2000 m steeplechase

		4 Sep	
1	Viivi Rantanen	FIN	6:45.13
2	Ida Østerås	NOR	6:48.22
3	Frida Kristiansson	SWE	6:52.36
4	Camilla Richardsson	FIN	7:05.09
5	Aurora Selstad Dybedokken	NOR	7:10.83
6	Caroline Tauson	DEN	7:13.48
7	Laura Lambæk Knudsen	DEN	7:34.20
8	Malin Strand	SWE	7:34.45

3000 m walk

		4 Sep	
1	Annika Norman	SWE	14:49.87
2	Sanna Mäenpää	FIN	15:51.72
3	Kristiane Rygg	NOR	16:13.07
4	Maria Aydin	SWE	16:52.38
5	Laura A. Danielsen	DEN	17:43.44
6	Ingeborg Marie Johansen Wåde	NOR	20:00.11
	Felicia Hogrell	SWE	DNS

High jump

		4 Sep	
1	Senni Ronkainen	FIN	1.81
2	Anne Engen Andersen	NOR	1.77
3	Caroline Andersson	SWE	1.75
4	Elisa Oksanen	FIN	1.75
5	Sofie Björklund	SWE	1.71
6	Sofie Albrechtsen	DEN	1.69
7	Martine Bye	NOR	1.69
8	Sandra B. Christensen	DEN	1.69

Series	1.55	1.60	1.63	1.66	1.69	1.71	1.73	1.75	1.77	1.79	1.81	1.83
1												xxx
2												
3												
4												
5												

6										xxx
7										xxx
8										xxx

Pole vault

		3 Sep	
1	Michaela Meijer	SWE	4.26
2	Line R. Jensen	DEN	3.75
2	Emmi Manninen	FIN	3.75
4	Jatta Salmela	FIN	3.65
4	Sophie Jensen	SWE	3.65
6	Lene Retzius	NOR	3.65
7	Julie Farseth Berg	NOR	3.55
8	Arna Ýr Jónsdóttir	ISL	3.45

Series	3.00	3.20	3.35	3.45	3.55	3.65	3.75	3.85	4.05	4.26	4.36
1											
2											
2											
4											
4											
6											
7											
8											

Long jump

		4 Sep	
1	Sveinbjörg Zophoniasdóttir	ISL	6.08 +1,9
2	Tiia Mäki	FIN	5.94 -0,7
3	Elina Kostainen	FIN	5.80 +1,1
4	Sara Kviberg	SWE	5.67 -0,1
5	Emma Ehrlin	SWE	5.56 -0,9
6	Martha Traouré	DEN	5.51 -1,7
7	Maria Elisabeth Lavelle	NOR	5.43 -0,3
8	Chiamaka Okparaebo	NOR	5.33 +0,3

Series	1	2	3	4	5	6
	No wind information					
1	X	6.08	X	-	-	-
2	X	X	X	X	5.84	5.87
3	X	5.66	X	5.80	X	X
4	X	5.57	5.57	5.67	5.62	5.51
5	5.49	3.90	X	5.56	5.56	X
6	X	5.40	5.50	5.20	5.49	5.51
7	5.18	5.28	X	5.43	5.29	5.24
8	5.33	X	X	X	X	X

Triple jump

		3 Sep	
1	Kristiina Mäkelä	FIN	13.04
2	Jasmin Sabir	SWE	12.28
3	Laetitia Kim Bruun	DEN	12.11
4	Andrea Breilid	NOR	11.89
5	Louise Arvidsson	SWE	11.88
6	Dóróthea Jóhannesdóttir	ISL	11.88
7	Chiamaka Okparaebo	NOR	11.63
8	Petra Mäenpää	FIN	11.47

Series	1	2	3	4	5	6
1	12.87	12.79	13.04	12.80	12.93	12.82
	+0,1	-1,0	+1,1	*	*	+0,4
2	12.28	X	12.02	X	X	11.98
	+0,5		-0,3			+2,1
3	X	12.11	X	X	11.25	12.11
		-0,6			+0,6	0,0
4	11.89	11.69	X	11.61	X	X
	0,0	-1,2		+1,0		
5	11.61	11.85	11.59	11.88	11.71	11.63
	+1,3	+1,1	-1,7	-1,7	-2,0	+0,7
6	11.39	X	11.45	X	X	11.88
	-0,2		-2,2			+0,5
7	11.63	11.56	X	X	X	X
	+1,1	-1,9				
8	X	11.44	11.34	11.31	11.45	11.47
		+0,5	+0,4	-0,3	-0,4	+0,2

* = No wind information

Shot put

		4 Sep	4 kg
1	Johanna Larsson	SWE	13.95
2	Aliisa Alanne	FIN	13.34
3	Minna-Marjatta Liimatainen	FIN	13.28
4	Camilla Rønning	NOR	12.92
5	Hanna Bengtsson	SWE	12.53

6	Marte Rygg Årdal	NOR	11.61
7	Maria Aagaard	DEN	10.98

Series	1	2	3	4	5	6
1	13.08	13.89	13.95	13.52	13.37	13.53
2	13.06	12.88	12.82	13.34	13.01	12.93
3	11.80	13.28	X	13.10	X	X
4	12.39	X	X	12.92	12.55	12.00
5	12.05	X	12.45	12.53	X	-
6	11.61	X	11.58	X	X	11.30
7	10.91	10.90	10.98	10.50	10.49	10.25

Discus throw		3 Sep	1 kg
1	Heidi Schmidt	SWE	48.62
2	Julia Wiberg	SWE	45.97
3	Solveig Fredriksen	NOR	44.41
4	Hanna Rintamäki	FIN	44.32
5	Kaisa Ilonen	FIN	42.39
6	Marte Rygg Årdal	NOR	41.62
7	Tenna Riber	DEN	34.40
8	Louise Odgaard	DEN	33.43

Series	1	2	3	4	5	6
1	47.28	X	X	48.62	X	X
2	45.35	45.97	45.77	X	X	44.25
3	X	40.05	42.80	44.37	X	44.41
4	40.92	42.98	44.05	43.51	44.32	41.77
5	40.52	X	42.39	41.57	X	X
6	36.69	38.17	41.62	X	40.74	40.24
7	29.15	30.65	X	32.20	34.40	34.36
8	X	33.43	32.83	33.40	X	31.60

Hammer throw		4 Sep	4 kg
1	Marte Rygg Årdal	NOR	59.21
2	Elina Uustalo	FIN	57.48
3	Malin Johansson	SWE	56.06
4	Ilse Kaaja	FIN	55.41
5	Solveig Fredriksen	NOR	51.87
6	Linn Johnsson	SWE	51.01
7	Louise Odgaard	DEN	45.54
8	Celina Julin	DEN	42.32

Series	1	2	3	4	5	6
1	54.74	57.19	57.84	59.21	55.73	57.55
2	55.57	57.48	X	X	X	56.28
3	X	56.06	X	X	54.84	X
4	55.41	55.29	51.91	52.36	53.99	54.08
5	57.37	51.87	48.53	X	X	X
6	X	48.47	X	X	X	51.01
7	X	X	43.78	44.98	45.36	45.54
8	X	X	X	42.32	X	40.47

Javelin throw		3 Sep	0,6 kg
1	Jenni Kangas	FIN	49.65
2	Ingeborg S. Rønningen	NOR	48.40
3	Matilda Elfgaard	SWE	46.89
4	Maria Børstad Jensen	NOR	46.69
5	Gabriella Sundin	SWE	43.13
6	María R. Gunnlaugsdóttir	ISL	41.19
7	Carita Lång	FIN	40.91
8	Maja Ilsøe	DEN	31.51

Series	1	2	3	4	5	6
1	46.99	47.41	47.31	47.76	49.65	X
2	47.26	X	48.40	45.55	X	X
3	X	42.54	44.75	45.91	46.89	42.22
4	43.23	45.50	46.07	46.69	45.86	46.14
5	43.13	40.63	X	41.66	38.64	39.31
6	37.69	33.24	35.19	41.19	34.11	36.44
7	X	X	40.91	36.64	X	38.38
8	31,49	X	31.51	X	X	X

4x100 m relay		3 Sep	
1	SWE	46.52	(Linnea Alstermark, Caroline Sandsjoe, Hanna Adriansson, Daniella Busk)
2	NOR	46.75	(Siv Krakeli Sneen, Astrid Mangen Cederkvist, Julie Andrea Håskjold, Eline Breilid)
3	FIN	46.76	(Marja Räsänen, Tiia Mäki, Maiju Pokkinen, Nooralotta Nezir)

4	DEN	47.58	(Rugiatu Kallon, Zarah Buchwald, Annelouise V. Jensen, Mathilde Kramer)
5	ISL	48.49	(Arna S. Guðmundsdóttir, Dóróthea Jóhannesdóttir, Dóra Hlin Loftsdóttir, Sveinbjörg Zophoniasdóttir)

4x400 m relay		4 Sep	
1	NOR	3:46.96	(Julie Andrea Håskjold, Veronica Undseth, Frida Thorsås, Vilde Svortevik)
2	FIN	3:47.64	(Aino Pauonen, Jemima Backman, Siiri Heiskanen, Zenitha Eriksson)
3	SWE	3:47.72	(Therese Jernbeck, Jasmine Sabir, Ewa Marciekiewicz, Vendela Mindelöf)
4	ISL	3:48.03	(Arna S. Guðmundsdóttir, Björg Gunnarsdóttir, Stefania Valdemarsdóttir, Anita Hinriksdóttir)
5	DEN	4:01.19	(Dagmar Fæster Olsen, Nanna Boholm, Anna Thestrup Andersen, Katrine Reinholdt)

Points Women	Nation	
	FIN	223
	SWE	187,5
	NOR	175
	DEN/ISL	108,5

30th Nordic Race Walking Championships

Halden Stadion, Halden, NOR 17 Sep

Men

Senior	17 Sep	20.000m
1 Heikki Kukkonen	FIN	1:24:07.52
2 Andreas Nielsen	DEN	1:32:39.23
3 Timo Viljanen	FIN	1:33:28.74
4 Christer Svensson	SWE	1:37:18.35
5 Fredrik Svensson	SWE	1:39:38.31

U23	17 Sep	20.000m
1 Matias Korpela	FIN	1:30:35.57
Eemeli Kiiski	FIN	DQ

U20	17 Sep	10.000m
1 Anders Hansson	SWE	47:14.17
2 Joakim Sælen	NOR	48:48.07
3 Syver Andersen Morvik	NOR	50:55.78
4 Joni Rohiainen	FIN	53:08.26
Aleksi Ojala	FIN	DQ

U18	17 Sep	5.000m
1 Markus Kyrölä	FIN	23:24.78
2 Elmo Koivunen	FIN	24:55.78
3 Fredrik Sandmer	SWE	25:23.26
4 Anton Nicklasson	SWE	26:11.51
5 Petter Strømme	NOR	28:09.03
6 Gorm Norheim	NOR	28:09.03

Women

Senior	17 Sep	10.000,
1 Mari Olsson	SWE	47:25.72
2 Merete Helgheim	NOR	49:54.61
3 Marika Peltoniemi	FIN	49:54.61
4 Ellinor Hogrell	SWE	55:26.77
Karoliina Kaasolainen	FIN	DQ

U23	17 Sep	10.000m
1 Mikaela Löfbacka	FIN	52:01.93

U20	17 Sep	5.000m
1 Camilla Richardsson	FIN	25:07.52
2 Annika Norrman	FIN	25:14.03
3 Maria Aydin	SWE	29:54.56

U18		17 Sep	5.000m
1	Erika Parviainen	FIN	24:15.78
2	Sini Jussila	FIN	25:54.45
3	Felicia Hogrell	SWE	29:39.78
4	Nashieli Karlström	SWE	29:59.02

Points	Nation	
	FIN	92
	SWE	60
	NOR	32
	DEN	14

15th Nordic Cross Country Championships

Uddevalla, SWE 12 Nov

Men

Senior		12 Nov	9 km
1	Urige Buta	NOR	26:51
2	Mikael Ekvall	SWE	27:09
3	Audun Nordtveit	NOR	27:11
4	Jerker Lysell	SWE	27:12
5	Øystein Sylta	NOR	27:16
6	Andreas Åhwall	SWE	27:19
7	Ørjan Grønnevig	NOR	27:21
8	Michael Nielsen	DEN	27:26

9 Jesper Faursschau, DEN 27:27, 10 Asbjørn Ellefsen Persen, NOR 27:29, 11 Johan Damkjær, DEN 27:31, 12 Hans Kristian Fløystad, NOR 27:34, 13 Eric Senorski, SWE 27:36, 14 Jonas Harjamäki, FIN 27:42, 15 Abdi Hakin Ulad, DEN 27:44, 16 Eirik Gramstad, NOR 27:45, 17 Anton Danielsson, SWE 27:46, 18 Jarkko Järvenpää, FIN 27:47, 19 Ole Hesselbjerg, DEN 27:54, 20 Johan Larsson, SWE 27:56, 21 Jussi Utriainen, FIN 28:07, 22 Brian Lindbjerg, DEN 28:15, 23 Antti Pekka Niinistö, FIN 28:19, 24 David Nilsson, SWE 28:51, 25 Oskari Pennanen, FIN 29:00, Extra: Olle Kalered, SWE 27:39, Robin Lindgren, SWE 28:25, Lars Södergård, SWE 28:30, Patrik Andersson, SWE 28:42

Teams: 1 NOR 14p (Urige Buta, Audun Nordtveit, Øystein Sylta, Ørjan Grønnevig, 2 SWE 25p (Mikael Ekvall, Jerker Lysell, Andreas Åhwall, Eric Senorski), 3 DEN 43p (Michael Nielsen, Jesper Faursschau, Johan Damkjær, Abdi Hakin Ulad), 4 FIN 76p (Jonas Harjamäki, Jarko Järvenpää, Jussi Utriainen, Antti Pekka Niinistö)

U20		12 Nov	6 km
1	Jeppe Harboe	DEN	18:36
2	Kristian Blummenfelt	NOR	18:37
3	Mads Tærstøl	DEN	18:37
4	Johan Rogestedt	SWE	18:38
5	Ferdinand Kvan Edman	NOR	18:41
6	Peter Glans	DEN	18:44
7	Martti Siikaluoma	FIN	18:46
8	Filip Johansson	SWE	18:52

9 Erik Udø Pedersen, NOR 18:53, 10 Jacob Østergaard Markussen, DEN 18:54, 11 Jørgen Frost Bø, NOR 18:55, 12 Harald Kårbo, NOR 18:56, 13 Alexander Palm, SWE 19:01, 14 Elmar Engholm, SWE 19:06, 15 Juho Jumisko, FIN 19:07, 16 John Kingstedt, SWE 19:12, 17 Marius Vedvik, NOR 19:18, 18 Carl Senorski, SWE 19:39, 19 Jaako Piesanen, FIN 19:42, 20 Sindre Løchting, NOR 19:45, 21 Ville Heikkilä, FIN 19:51, Albin Olausson, SWE DNF, Zacharias Grassme, DEN DNF

Teams: 1 DEN 10p (Jeppe Harboe, Mads Tærstøl, Peter Glans), 2 NOR 16p (Kristian Blummenfeldt, Ferdinand Kvan Edman, Erik Udø Pedersen), 3 SWE 25p (Johan Rogestedt, Filip Johansson, Alexander Palm), 4 FIN 41p (Martti Siikaluoma, Juho Jumisko, Jaako Piesanen)

Women

Senior		12 Nov	7,5 km
1	Tone Hjalmarson	NOR	25:46
2	Johanna Lehtinen	FIN	25:52
3	Kirsten Marathon Melkevik	NOR	26:00
4	Elina Lindgren	FIN	26:12
5	Louise Wiker	SWE	26:18
6	Meraf Bahta	SWE	26:21
7	Charlotta Fougberg	SWE	26:22
8	Christina Bus Holth	NOR	26:24

9 Hanna Bartholomew, SWE 26:34, 10 Veronika Blom, NOR 26:42, 11 Cecilia Kleist, SWE 26:47, 12 Hilde Aasheim, NOR 26:56, 13 Sanni Klemelä, FIN 26:58, 14 Maja

Alm, DEN 27:03, 15 Signe Sjøes, DEN 27:12, 16 Simone Glad, DEN 27:17, 17 Katarina Skräddar, FIN 27:21, 18 Maria Borglund, SWE 27:40, 19 Louise Nilsson, SWE 28:03. Extra: Lena Eliasson, SWE 26:29, Elin Borglund 28:40

Teams: 1 NOR 12p (Tone Hjalmarson, Kirsten Marathon Melkevik, Christina Bus Holth), 2 SWE 18p (Louise Wiker, Meraf Bahta, Charlotta Fougberg), 3 FIN 19p (Johanna Lehtinen, Elina Lindgren, Sanni Klemelä), 4 DEN 45p (Maja Alm, Signe Sjøes, Simone Glad).

U20		12 Nov	4,5 km
1	Vivi Rantanen	FIN	15:51
2	Sarah Lahti	SWE	15:56
3	Oona Kettunen	FIN	16:05
4	Lina Alaintalo	SWE	16:15
5	Karoline Egeland Skatteboe	NOR	16:16
6	Ida Østerås	NOR	16:16
7	Anette Haukilahti	FIN	16:17
8	Sigrid Jervell Våg	NOR	16:20

9 Josefine Rytter, DEN 16:21, 10 Anna B. Mikkelsen, DEN 16:29, 11 Heidi Mårtensson, NOR 16:36, 12 Kristine Helle, NOR 16:38, 13 Ilona Välimäki, FIN 16:39, 14 Frida Kristiansson, SWE 16:40, 15 Caroline Tauson, DEN 16:45, 16 Amanda Lönnqvist, SWE 16:51, 17 Ida Meli Narbuovoll, NOR 16:54, 18 Line Kalstrup Schulz, DEN 16:55, 19 Maria Larsson, SWE 16:58, 20 Amelie Andersson, SWE 17:00, 21 Laura Lambæk Knudsen, DEN 17:18, 22 Rebekka Fugløy, DEN 17:42. Extra: Rebecka Andersson, SWE 17:07, Malin Strand, SWE 17:42

Teams: 1 FIN 11p (Vivi Rantanen, Oona Kettunen, Anette Haukilahti), 2 NOR 19p (Karoline Egeland Skatteboe, Ida Østerås, Sigrid Jervell Våg), 3 SWE 20p (Sarah Lahti, Lina Alaintalo, Frida Kristiansson), 4 DEN 34p (Josefine Rytter, Anna B. Mikkelsen, Caroline Tauson)

