

This year consists of the following competitions:

3.-4.7	Tårnby, DEN	21 st Nordic Junior Championships Combined Events
21.-22.8	Skien, NOR	44 th Nordic Junior Match U21
11.9	Östhammar, SWE	28 th Nordic Junior Race Walking Match

Nordic Junior Championships Combined Events

Tårnby Stadion, Tårnby, DEN 3-4 Jul

Men

U23 Decathlon		13-14 Jun	
1	Sebastian Siukonen	FIN	7.132
2	Miachel Hoffer	SWE	7.069
3	Patrik Melin	SWE	6.891
4	Johnny Jensen	DEN	5.957

1	11.41	6.78	12.16	1.89	51.62	15.39	37.58	4.60	53.22	4:38.09
	+0,8	+0,8			+0,8					
2	11.57	6.77	12.12	1.95	51.47	14.94	38.92	4.50	48.32	4:48.58
	+0,8	+0,3			+0,8					
3	11.72	6.46	13.16	1.92	53.47	15.83	40.94	4.00	61.76	4:51.69
	+0,8	0,0			+0,8					

U21 Decathlon		13-14 Jun	
1	Johan Raak	SWE	6.839
2	Christer Holger	SWE	6.793
3	Marko Rautala	FIN	6.596
4	Trond Høiby	NOR	6.483
5	Niels Uth	DEN	6.457
6	Teemu Tauriainen	FIN	6.302

1	11.19	7.04	11.27	1.89	51.37	14.99	34.44	3.90	48.78	4:50.96
	+1,0	+0,5			+1,0					
2	11.56	6.85	12.34	1.89	50.91	15.45	37.76	4.20	43.86	4:55.81
	+1,0	0,0			+1,0					
2	11.53	6.76	9.97	1.95	53.00	15.26	29.84	4.20	49.02	4:46.04
	+1,0	+0,9			+1,0					
3	12.28	6.35	11.91	1.92	54.39	16.84w	38.60	3.90	58.10	4:38.35
4	11.54	6.63	11.79	1.74	50.65	15.53	29.08	3.30	51.32	4:21.18
	+1,0	-0,3			+1,0					
6	12.37	5.97	12.52	1.92	55.37	16.11	36.70	4.10	48.20	4:42.63
	+1,0	0,0			+1,0					

U19 Decathlon		13-14 Jun	
1	Benjamin Jensen	NOR	7.349
2	Pontus Lundquist	SWE	7.047
3	Nils Wiklund	SWE	6.761
4	Björn Norén	SWE	6.702
5	Erik Salte	NOR	6.411
6	Matin Mella	SWE	6.187
7	Espen Strindeberg	NOR	5.772
	Claus Pagh	DEN	dnf

(100, long jump, shot put 6,25kg, high jump, 400, 110h 1,00, diskos 1,75kg, pole vault, javelint throw, 1500)

1	11.2h	6.91	12.00	1.94	51.03	14.51	38.50	4.90	49.40	4:35.73
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U17 Nonathlon		13-14 Jun	
1	Mika Lönnblad	FIN	5.838
2	Henrik Kax	SWE	5.469
3	Tobias Björklund	SWE	5.142
4	Magnus Björk	SWE	5.094
5	Mariusz Musial	NOR	4.939
6	Stian Sigvartsen	NOR	4.820
7	Martin Hædersdal	DEN	4.810
8	Casper Lindemann	DEN	4.181

(110h 91,4cm, discus throw 1,5kg, pole vault, javelin throw, 100, high jump, shot put 5,5kg, long jump, 1000)

5	13.72w	26.12	3.10	45.30	11.71	1.74	9.86	6.07w	3:12.40
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Women

U23 Heptathlon		13-14 Jun	
1	Karin Funke	SWE	5.296
2	Monica Penne	NOR	5.061
3	Birgit Brosø	NOR	4.703
4	Eva Knudsen	DEN	4.609
	Anneli Svärd	SWE	DNF

2	14.48	10.94	1.58	26.16	5.66w	37.60	2:29.81
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U21 Heptathlon		13-14 Jun	
1	Katja Pettinen	FIN	5.192
2	Marjia Kangaspusu	FIN	5.160
3	Tanja Longe	NOR	5.075
	Anja L. Pedersen	DEN	DNF
	Elisabet Hallerbäck	SWE	DNF

3	14.52	12.79	1.61	26.70w	5.67	37.24	2:36.97
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U19 Heptathlon		13-14 Jun	
1	Ellen Bergin	NOR	5.057
2	Rannveig Kvalvik	NOR	5.032
3	Christina Schwerin	DEN	4.976
4	Marthe Halsan Liff	NOR	4.898
5	Anna-Karin Olsson	SWE	4.723
6	Kouise Brændstrup	DEN	4.530
7	Petra Kilefors	SWE	4.523

1	15.02	10.36	1.55	25.40	5.51	36.60	2:19.97
2	14.91	9.12	1.67	26.26	5.60w	33.22	2:18.38

U17 Heptathlon		13-14 Jun	
1	Johanna Halkoaho	FIN	5.259
2	Katja Ripatti	FIN	4.885
3	Emelie Färdigh	SWE	4.696
4	Turid A. Teigen	NOR	4.531
5	Theresa Söderlund	SWE	4.348
6	Margit Katrine Strand	NOR	4.270
7	Lina Engren	SWE	3.716
8	Majbritt Terkelsen	DEN	3.701

(100h 78,2cm, high jump, shot put 3kg, 200, long jump, javelin throw, 800)

4	15.80	1.49	10.43	27.32	5.42w	35.72	2:31.51
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Nordic Junior Match

Herkules Idrettspark, Skien, NOR 21-22 Aug

Men

100 m		+0,5	
1	Fredrik Elofsson	SWE	10.66
2	Fernando Ramirez	NOR	10.66
3	Teemu Kauppi	FIN	10.76
4	Patrik Lövgren	SWE	10.83
5	Erlend Sæterstøl	NOR	10.99
6	Markus Lindahl	FIN	11.07
7	Haukur Sigurðsson	ISL	11.09
8	Atli Sigurðsson	ISL	11.36

100 m B-heat – not part of match		+2,4	
1	Magnus Hemström	SWE	10.85
2	Petri Pohjonen	FIN	10.95
3	Lasse Penttinen	FIN	10.97

4	Helge Farbroth	NOR	11.21
5	Hakeem Atif	NOR	11.26

200 m

1	Fredrik Elofsson	SWE	21.26
2	Joakim Öhman	SWE	21.38
3	Fernando Ramirez	NOR	21.57
4	Junnu Ikonen	FIN	21.60
5	Teemu Kauppi	FIN	21.90
6	Erlend Sæterstøl	NOR	22.04
7	Haukur Sigurðsson	ISL	22.59

400 m

1	Rikard Rasmusson	SWE	47.43
2	Khaled Azerkan	SWE	47.97
3	Jussi Sainio	FIN	48.79
4	Teemi Saarinen	FIN	48.92
5	Robert Asad	NOR	49.81
6	Runar Bekkevold	NOR	50.07

800 m

1	Khaled Azerkan	SWE	1:50.87
2	Jusso Suhio	FIN	1:51.28
3	Lars Appelqvist	SWE	1:51.92
4	Tim Wold	NOR	1:51.99
5	Pasi Laiho	FIN	1:52.55
6	Kjetil Røe Edvardsen	NOR	1:52.83
7	Sigurbjörn Arngrímsson	ISL	1:59.26

1500 m

1	Arvid Levinsson	SWE	3:54.04
2	Søren Helmer	DEN	3:55.07
3	Tero Suominen	FIN	3:57.01
4	Jonas Hagelin	SWE	3:57.80
5	Timo Kero	FIN	3:58.97
6	Bård Kvalheim	NOR	4:03.64

5000 m

1	Arvid Levinsson	SWE	14:40.71
2	Marko Kotila	FIN	14:42.56
3	Sami Ylihärtilä	FIN	14:44.09
4	Oskar Knutsson	SWE	14:47.79
5	Rene Carlsen	DEN	14:58.44
6	Henrik Sandstad	NOR	15:16.67
7	Remi Andersen	NOR	15:34.54

110 m hurdles

1	Patrik Torkelsson	SWE	14.44
2	Benjamin Jensen	NOR	14.72
3	Jarno Jokihaara	FIN	15.02
4	Jussi Vasama	FIN	15.03
5	Tom Kristian Wee	SWE	15.25
6	Jørn Stian Dahl	NOR	15.32

400 m hurdles

1	Petteri Pulkkinen	FIN	51.65
2	David Bergdahl	SWE	52.56
3	Jaakki Aaltonen	FIN	53.22
4	Björn Engström	NOR	53.67
5	Frode Bergheim	NOR	54.37
6	Jørn Stian Dahl	NOR	56.21

3000 m steeplechase

1	Mikko Virta	FIN	9:09.46
2	Juha Nurminen	FIN	9:12.43
3	Caj Virta	SWE	9:20.16

4	Erik Framme	SWE	9:26.45
5	Nicklas Ohlsson	NOR	9:39.71
6	Marius Lundby	NOR	9:41.27

10000 m Walk

1	Jani Lehtinen	FIN	43:45.90
2	Tobias Persson	SWE	44:13.83
3	Kristian Lyssand	NOR	45:29.10
4	Jussi Koski	FIN	45:49.11
5	Arne J. Martinsen	NOR	46:47.95
6	Magnus Redman	SWE	47:11.05

High jump

1	Jyrki Kulju	FIN	2.15
2	Jon Sigurd Utgårdsløkken	NOR	2.13
3	Daniel Johansson	SWE	2.11
4	Vesa Piira	FIN	2.09
5	Stefan Holm	SWE	2.06
6	Henrik Eikås	NOR	2.00

Pole vault

1	Ilkka Helenius	FIN	5.15
2	Jonas Asplund	SWE	5.10
3	Marko Heiska	FIN	4.95
4	Benjamin Jensen	NOR	4.80
5	Piotr Buciariski	DEN	4.80
6	Jo Eidsvik	NOR	4.60
7	Henrik Munthe	SWE	4.40

Long jump

1	Mathias Lageskog	SWE	7.31
2	Magnus Skoglund	SWE	6.31
3	Kenneth Kastrén	FIN	7.27
4	Benjamin Jensen	NOR	7.15
5	Leif Rune Heng	NOR	7.03
6	Tommi Vuorinen	FIN	6.82
7	Bjarni Traustasson	ISL	6.67

All wind legal

Triple jump

1	Johan Meriluoto	FIN	15.61
2	Tomas Johansson	SWE	15.18
3	Conny Malm	SWE	15.02
4	Jarkko Hauta-Aho	FIN	14.77
5	Svein Gulbrandsen	NOR	14.36
6	Leif Rune Heng	NOR	14.04

All wind legal

Shot put

1	Arsi Harju	FIN	17.74
2	Ville Tiisanoja	FIN	17.05
3	Magnus Edström	SWE	15.65
4	Andreas Gustafsson	SWE	15.60
5	Einar Kristian Tveitå	NOR	15.18
6	Hans Petter Framnes	NOR	14.65

Discus throw

1	Timo Sinervo	FIN	55.04
2	Mika Loikkanen	FIN	53.10
3	Einar Kristian Tveitå	NOR	52.10
4	Eivind Smørgrav	NOR	48.98
5	Lars Persson	SWE	48.00
6	Linus Bernhult	SWE	46.98

Hammer throw

1	Bengt Johansson	SWE	61.78
2	Mika Laiho	FIN	61.48
3	Dan T. Evensen	NOR	60.90

4	Mårten Ejdervall	SWE	59.72
5	Janne Pasanen	FIN	59.12
6	Bjørn E. Pettersen	NOR	46.26

Javelin throw

1	Markku Liikala	FIN	74.32
2	Matti Närhi	FIN	71.86
3	Matti Salo	SWE	65.02
4	Tore Haukedalen	NOR	63.68
5	Jostein Fuglestrand	NOR	63.50
6	Magnus Edström	SWE	60.12

4x100 m relay

1	SWE	40.99	(Patrik Torkelsson, Magnus Hemström, Patric Storm, Fredrik Elofsson)
2	NOR	41.10	(Knut Løkkling, Erlend Sæterstøl, Helge Farbrot, Fernando Ramirez)
3	ISL	43.50	(Atli Guðmundsson, Geir Sveinsson(?), Haukur Sigurðsson, Bjarni Traustasson) *
4	FIN	45.55	(Teemu Kauppi, Kenneth Kastrén, Lasse Penttinen, Markus Lindahl)

* Running order may be different.

4x400 m relay

1	SWE	3:09.76	(Tobias Karlsson, David Bergdahl, Mathias Sundin, Rikard Rasmusson)
2	FIN	3:11.21	(Petri Pohjonen, Teemu Saarinen, Junnu Ikonen, Jussi Sainio)
3	NOR	3:19.61	(Frode Bergheim, John Ertzgaard, Hakeem Atif, Runar Bekkevold)

Points Men	Nation	Total
	SWE	168
	FIN	166
	NOR	88

Women

100 m

			-1.7
1	Charlotta Vöcks	SWE	12.09
2	Marit Nyberg	NOR	12.16
3	Jessica Samuelsson	SWE	12.25
4	Annika Granqvist	FIN	12.46
5	Kati Vartiainen	FIN	12.53
6	Ingvild Larsen	NOR	12.56
7	Snjólaug Vilhelmsdóttir	ISL	12.63

100 m B heat – not part of match

			-0.9
1	Therese Olofsson	SWE	12.13
2	Heli Koivula	FIN	12.37
3	Cecilie Bjørnemo	NOR	12.54
4	Rannveig Kvalvik	NOR	12.73
5	Eija-Inkeri Similä	FIN	12.83

200 m

			-0.5
1	Emma Holmqvist	SWE	24.24
2	Charlotta Vöcks	SWE	24.49
3	Marika Engdal	FIN	24.72
4	iina Pekkola	FIN	24.79
5	Marit Nyberg	NOR	24.93
6	Snjólaug Vilhelmsdóttir	ISL	25.34
7	Ellen Bergin	NOR	25.45

400 m

1	Heidi Suomi	FIN	54.66
2	Monica Lundgren	SWE	55.49
3	Marika Engdal	FIN	55.99
4	Silje Rasmussen	NOR	56.59
5	Marie Westerlund	SWE	57.21
6	Ellen Bergin	NOR	57.39

800 m

1	Monica Lundgren	SWE	2:10.89
2	Erika Tapio	FIN	2:11.37
3	Malin Brown	SWE	2:11.97
4	Venla Saarelma	FIN	2:13.78
5	Hanne Lyngstad	NOR	2:15.63
6	Cecilie Stokke	NOR	2:15.87

1500 m

1	Mikaela Nyroos	SWE	4:32.02
2	Hanne Lyngstad	NOR	4:33.51
3	Annicke Stranda	NOR	4:33.58
4	Nina Christensen	DEN	4:34.09
5	Annika Fasth	SWE	4:34.21
6	Helja Franssila	FIN	4:36.65
7	Sara Carlberg	FIN	4:56.73

3000 m

1	Pia Ruotsalainen	FIN	9:49.22
2	Rikke Pedersen	DEN	9:49.45
3	Minna Haronoja	FIN	9:50.10
4	Annika Fasth	SWE	9:50.30
5	Mikaela Nyroos	SWE	9:50.60
6	Annicke Stranda	NOR	9:52.66
7	Stine Larsen	NOR	10:16.25

100 m hurdles

			-0.1
1	iina Pekkola	FIN	14.00
2	Heini Sistonen	FIN	14.03
3	Kristina Pihl	SWE	14.06
4	Ingvild Larsen	NOR	14.32
5	Tania Longe	NOR	14.32
6	Ylva Mattiasson	SWE	14.45
7	Sólveig Björnsdóttir	ISL	14.52
8	Christina Holm	DEN	14.74

400 m hurdles

1	Silje Rasmussen	NOR	59.24
2	Jenny Järgren	SWE	60.58
3	Anneli Melin	SWE	61.45
4	Rannveig Kvalvik	NOR	62.17
5	Mia Puustinen	FIN	63.45
6	Kristín Markúsdóttir	ISL	66.08
7	Petra Stenman	FIN	70.15

5000 m walk

1	Åslaug Mostad	NOR	23:31.90
2	Linda Tenggren	SWE	24:03.43
3	Nina Engelsviken	NOR	24:23.14
4	Taru-Tuulikki Stenvall	FIN	24:35.89
5	Sari Leppäaho	SWE	24:51.37
6	Outi Sillanpää	FIN	25:58.66

High jump

1	Tanja Leinonen	FIN	1.76
2	Kaisa Bergqvist	SWE	1.74
3	Sara Granroth	FIN	1.74
=4	Sigrid Haande	NOR	1.68
=4	Karin Petersson	SWE	1.68
6	Anita Dahle	NOR	1.68
7	Erna Björg Sigurðsdóttir	ISL	1.65

Long jump

			All wind legal
1	Virpi Tapanainen	FIN	6.01
2	Jessica Larsson	SWE	5.92

3	Pia Peltosaari	FIN	5.90
4	Dorthe Jensen	DEN	5.82
5	Ingvild Larsen	NOR	5.81
6	Emma Hall	SWE	5.70
7	Snjólaug Vilhelmsdóttir	ISL	5.67
8	Tania Longe	NOR	5.60

Triple jump

1	Sara Kulmala	FIN	12.71
2	Pia Peltosaari	FIN	12.44
3	Anna Petersson	SWE	12.37
4	Christine Gulbrandsen	NOR	12.26 +2,1
			11.97
5	Nina Johannessen	NOR	12.17
6	Dorthe Jensen	DEN	12.06
7	Katrin Lönnblad	SWE	11.88

Shot put

1	Marika Tuliniemi	FIN	17.61
2	Anna Rauhala	FIN	14.86
3	Janne Antonsen	NOR	14.44
4	Gunn T. Johannessen	NOR	13.99
5	Anna Wiklund	SWE	13.55
6	Elisabeth Hallerbäck	SWE	13.45

Discus throw

1	Kirsi Lindfors	FIN	51.74
2	Anna Söderberg	SWE	49.96
3	Nitta Veikkolainen	FIN	48.80
4	Linda Nestorsson	SWE	46.34
5	Janne Antonsen	NOR	45.32
6	Grete Etholm	NOR	44.82
7	Halla Heimisdóttir	ISL	39.92
8	Hanna Lind Ólafsdóttir	ISL	35.18

Javelin throw

1	Heli Tolkkinen	FIN	61.26
2	Mikaela Ingberg	FIN	58.26
3	Nina Dubowski	NOR	51.42
4	Anne Gro Rosseland	NOR	49.40
5	Katja Åsvik	SWE	44.52
6	Vigdís Guðjónsdóttir	ISL	44.10
7	Katarina Eklöf	SWE	43.28
8	Halldora Jonsdóttir	ISL	38.64

4x100 m relay

1	SWE	45.77	(Jessica Samuelsson, Charlotta Vöcks, Emma Holmqvist, Jessica Larsson)
2	FIN	46.47	(Kati Vartiainen, Heli Koivula, Petra Stenman, Annika Granqvist)
3	NOR	47.50	(Ingvild Larsen, Marit Nyberg, Cecilie Bjørnemo, Kaja Jansen)

4x400 m relay

1	SWE	3:44.11	(Therese Olofsson, Susanne Mellgren, Jenny Järgren, Åsa Hedström) *
2	FIN	3:44.44	(Eija-Inkeri Similä, Riika Niemelä, Petra Stenman, Marika Engdal)
3	NOR	3:46.32	(Rannveig Kvalvik, Silje Rasmussen, Ingrid Lund, Anne Skarnes)

* Running order may be different

Points	Women	Nation	Total
		FIN	142
		SWE	127
		NOR	87

Nordic Junior Race Walking Match

Frösåkersvallen, Östhammar, SWE 11 Sep

Men

	<i>U20</i>	11 Sep	10000m
1	Tobias Persson	SWE	41:42.8
2	Jani Lehtinen	FIN	42:40.0
3	Claus Jørgensen	DEN	42:53.3
4	Kim Lappalainen	FIN	44:31.5
5	Kristian Lyssand	NOR	44:46.4
6	Arne-Johan Martinsen	NOR	45:42.8
7	Jussi Koski	FIN	46:20.6
8	Morten Jensen	NOR	49:52.2

9 Kristian Klevbom, SWE 53:09.2, 10 Magnus Unger, SWE 53:13.4
Extra; Aigars Fadejevs, LAT 45:08.5

U18

		11 Sep	5000m
1	Jani Valtanen	FIN	23:18.2
2	Tomas Mattisson	SWE	23:42.8
3	Carsten Madsen	DEN	24:12.0
4	Hekki Kinnunen	FIN	24:51.3
5	Johan Lundquist	SWE	25:23.4
6	Bjarne Madsen	DEN	27:13.8
7	Rune Slettebakken	NOR	28:51.2

Mikko Lumilahi, FIN DQ, Niklas Wahlström, SWE DQ

U16

		11 Sep	3000m
1	Anssi Poikolainen	FIN	13:49.0
2	Arto Matilainen	FIN	13:49.3
3	Marius Kristiansen	NOR	13:55.5
4	Ronnie Kristiansen	DEN	14:03.3
5	Martin Tenggren	SWE	14:20.2
6	Teemu Suhonen	FIN	14:37.9
7	Jesper Møller-Thomsen	DEN	14:39.1
8	Magnus Johansson	SWE	14:39.7

9 Karsten Godtfredsen, DEN 15:02.7, 10 Øyvind Bertelsen, NOR 15:55.2, 11 Åsmund Stormoen, NOR 16:55.1, 12 Peter Pettersson SWE 17:14.4

U14

		11 Sep	3000m
1	Hannu Vainionpää	FIN	14:23.5
2	Viktor Jansson	SWE	15:03.1
3	Andreas Gustafsson	SWE	15:16.2
4	Jani Ranta-Pere	FIN	15:20.2
5	Jaakko Nyström	FIN	15:21.1
6	Erik Tysse	NOR	15:27.3
7	Snorre Utaker	NOR	15:42.9
8	Marcus Lindberg	SWE	15:46.2

9 Jardar Sæther, NOR 15:54.9, 10 Kenny Kristiansen, DEN 17:04.0

Women

	<i>U20</i>	11 Sep	5000m
1	Åslaug Mostad	NOR	23:13.7
2	Linda Tenggren	SWE	23:27.3
3	Sari Leppäaho	FIN	25:01.6
4	Mari Rajamäki	FIN	25:40.7
5	Heidi Oranen	FIN	26:20.0
6	Hilde Kristin Lunde	NOR	26:33.9
7	Tarja Jaskari	FIN	26:57.2
8	Karin Ihlenius	SWE	27:11.0

9 Ania Kondrup, DEN 27:27.4

U18

		11 Sep	5000m
1	Taru-Tuulikki Stenvall	FIN	24:43.9
2	Reeta Jalkanen	FIN	24:50.8
3	Outi Sillanpää	FIN	26:18.1
4	Ann Nilsen	SWE	26:57.4
5	Charlotte Rolandsson	SWE	27:05.9
6	Dorthe Krosgård	DEN	27:18.3
7	Agnethe Lunde	NOR	27:38.0

8	Anne Cecilie Klaunes	NOR	28:02.1
	<i>U16</i>	11 Sep	3000m
1	Virva Virtanen	FIN	15:07.0
2	Anu Schultz	FIN	15:08.0
3	Camilla Larsen	NOR	15:08.6
4	Oaula Schultz	FIN	15:26.4
5	Anna Löwgren	SWE	15:42.0
6	Magdalena Jacobsson	SWE	15:46.7
7	Anna Pajuluoma	SWE	16:11.8
8	Siw Lund	NOR	16:57.8

9 Benedikte Bergli, NOR 17:21.2

	<i>U14</i>	11 Sep	3000m
1	Laura Nyström	FIN	15:09.1
2	Tiina Muinonen	FIN	15:09.5
3	Riikka Schultz	FIN	15:41.2
4	Anne Haaland Simonsen	NOR	16:12.8
5	Mailen Lund	NOR	16:25.2
6	Marie Mörk	SWE	17:15.2
7	Karolina Johansson	SWE	17:19.1
8	Jessica Moström	SWE	17:43.2

9 Theresa Kleppe, NOR 18:39.2, 10 Belinda Bundgaard, DEN 19:10.2

U21/U18	Nation	Total	Ungdom	Nation	Total
	FIN	51		FIN	62
	SWE	46		SWE	35
	NOR	26		NOR	34
	DEN	21		DEN	12

